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eCINeMA

eAppendix 1. Methods and changes to the original protocol

Methods

This study was conducted and reported according to the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) guidelines for NMA.

Changes to the original protocol

1. In order to obtain more comprehensive data, we added some text words in search strategy. For example, the additional words include 'Psychotherapy', 'Psychotherapies', 'Cognitive Therapy', 'Behavior Therapy, Cognitive'.
2. We had planned to conduct an NMA of trials comparing cognitive behavioural, interpersonal, psychodynamic, problem-solving, behavioural activation, life-review and third wave therapies and non-directive supportive counselling with each other and with treat-as-usual, antidepressant and pill placebo control conditions. However, we found there were not enough available data of psychodynamic, problem-solving, life-review and metacognitive therapy for network analysis after data extraction. Thus, we only analysed cognitive behavioural therapy (CBT), mindfulness based cognitive behavioural therapy (MBCT), interpersonal therapy, behavioural active therapy or supportive counselling.
3. We also added sensitivity analyses (i) and (ii), (iv) which were not in the original protocol to do justice to the heterogeneity of the identified studies and to more finely assess the robustness of our primary analyses.

eTable 1. PRISMA checklist

PRISMA NMA Checklist of Items to Include When Reporting A Systematic Review Involving a Network Meta-analysis

| Section/Topic | Item # | Checklist Item | Reported on Page # |
|----------------------------------|--------|--|----------------------------|
| TITLE | | | |
| Title | 1 | Identify the report as a systematic review incorporating a network meta-analysis (for related form of meta-analysis). | 1 |
| ABSTRACT | | | |
| Structured summary | 2 | Provide a structured summary including, as applicable: Background: main objective Methods: data sources; study eligibility criteria, participants, and interventions; study appraisal; and <i>synthesis methods, such as network meta-analysis</i> . Results: number of studies and participants identified; summary estimates with corresponding confidence/credible intervals; <i>treatment rankings may also be discussed. Authors may choose to summarize pairwise comparisons against a chosen treatment included in their analyses for brevity.</i> Discussion/Conclusions: limitations; conclusions and implications of findings. Other: primary source of funding; systematic review registration number with registry name. | 2 |
| INTRODUCTION | | | |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known, <i>including mention of why a network meta-analysis has been conducted</i> . | 3 |
| Objectives | 4 | Provide an explicit statement of questions being addressed, with reference to participants, interventions, comparisons, outcomes, and study design (PICOS). | 3 |
| METHODS | | | |
| Protocol and registration | 5 | Indicate whether a review protocol exists and if and where it can be accessed (e.g., Web address); and, if available, provide registration information, including registration number. | 5 |
| Eligibility criteria | 6 | Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. <i>Clearly describe eligible treatments included in the treatment network, and note whether any have been clustered or merged into the same node (with justification).</i> | 4 |
| Information sources | 7 | Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched. | 4 |
| Search | 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated. | Supplement |
| Study selection | 9 | State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis). | 4, Figure 1 and Supplement |
| Data collection process | 10 | Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators. | 4 and Supplement |
| Data items | 11 | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made. | 4 and Supplement |

| | | | |
|---|----|--|--------------------------------|
| Geometry of the network | S1 | Describe methods used to explore the geometry of the treatment network under study and potential biases related to it. This should include how the evidence base has been graphically summarized for presentation, and what characteristics were compiled and used to describe the evidence base to readers. | 4-5 |
| Risk of bias within individual studies | 12 | Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis. | 5 |
| Summary measures | 13 | State the principal summary measures (e.g., risk ratio, difference in means). <i>Also describe the use of additional summary measures assessed, such as treatment rankings and surface under the cumulative ranking curve (SUCRA) values, as well as modified approaches used to present summary findings from meta-analyses.</i> | 5 |
| Planned methods of analysis | 14 | Describe the methods of handling data and combining results of studies for each network metaanalysis. This should include, but not be limited to: <ul style="list-style-type: none"> ● <i>Handling of multi-arm trials;</i> ● <i>Selection of variance structure;</i> ● <i>Selection of prior distributions in Bayesian analyses; and</i> ● <i>Assessment of model fit.</i> | 4-5 |
| Assessment of Inconsistency | S2 | Describe the statistical methods used to evaluate the agreement of direct and indirect evidence in the treatment network(s) studied. Describe efforts taken to address its presence when found. | 4-5 |
| Risk of bias across studies | 15 | Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies). | 5 and Supplement |
| Additional analysis | 16 | Describe methods of additional analyses if done, indicating which were pre-specified. This may include, but not be limited to, the following: <ul style="list-style-type: none"> ● <i>Sensitivity or subgroup analyses;</i> ● <i>Meta-regression analyses;</i> ● <i>Alternative formulations of the treatment network; and</i> ● <i>Use of alternative prior distributions for Bayesian analyses (if applicable)</i> | 4-5 and Supplement |
| RESULTS | | | |
| Study selection | 17 | Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram. | 5 |
| Presentation of network structure | S3 | Provide a network graph of the included studies to enable visualization of the geometry of the treatment network. | Figure 2 and Supplement |
| Summary of network geometry | S4 | Provide a brief overview of characteristics of the treatment network. This may include commentary on the abundance of trials and randomized patients for the different interventions and pairwise comparisons in the network, gaps of evidence in the treatment network, and potential biases reflected by the network structure. | 5-6 and Supplement |
| Study characteristics | 18 | For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations. | 5-6 and Supplement |
| Risk of bias within studies | 19 | Present data on risk of bias of each study and, if available, any outcome level assessment. | 5-6 and Supplement |
| Results of individual studies | 20 | For all outcomes considered (benefits or harms), present, for each study: 1) simple summary data for each intervention group, and 2) effect estimates and confidence intervals. <i>Modified approaches may be needed to deal with information from larger networks.</i> | 6-7, Figure 3-6 and Supplement |

| | | | |
|---------------------------------------|----|--|---------------------------|
| Synthesis of results | 21 | Present results of each meta-analysis done, including confidence/credible intervals. In larger networks, authors may focus on comparisons versus a particular comparator (e.g., <i>placebo or standard care</i>), with full findings presented in an appendix. <i>League tables and forest plots may be considered to summarize pairwise comparisons</i> . If additional summary measures were explored (such as treatment rankings), these should also be presented. | Figure 3-6 and Supplement |
| Exploration for inconsistency | S5 | Describe results from investigations of inconsistency. This may include such information as measures of model fit to compare consistency and inconsistency models, P values from statistical tests, or summary of inconsistency estimates from different parts of the treatment network. | 6-8 and Supplement |
| Risk of bias across studies | 22 | Present results of any assessment of risk of bias across studies for the evidence base being studied. | 6 and Supplement |
| Results of additional analysis | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression analyses, <i>alternative network geometries studied, alternative choice of prior distributions for Bayesian analyses</i> , and so forth). | 7-8 and Supplement |
| DISCUSSION | | | |
| Summary of evidence | 24 | Summarize the main findings, including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy-makers). | 8 |
| Limitations | 25 | Discuss limitations at study and outcome level (e.g., risk of bias), and at review level (e.g., incomplete retrieval of identified research, reporting bias). <i>Comment on the validity of the assumptions, such as transitivity and consistency. Comment on any concerns regarding network geometry (e.g., avoidance of certain comparisons)</i> . | 9-10 |
| Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research. | 10 |
| FUNDING | | | |
| Funding | 27 | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. This should also include information regarding whether funding has been received from manufacturers of treatments in the network and/or whether some of the authors are content experts with professional conflicts of interest that could affect use of treatments in the network. | 11 |

PICOS = population, intervention, comparators, outcomes, study design.

* Text in italics indicates wording specific to reporting of network meta-analyses that has been added to guidance from the PRISMA statement.

eTable 2: Keywords in database and search result

We plan to search PubMed, Embase, PsycINFO via Ovid, and Cochrane Library from inception using the following terms:

(Depressive Disorder or Depressive Disorders or Disorder, Depressive or Disorders, Depressive or Neurosis, Depressive or Depressive Neuroses or Depressive Neurosis or Neuroses, Depressive or Depressions, Endogenous or Depression, Endogenous or Endogenous Depression or Endogenous Depressions or Depressive Syndrome or Depressive Syndromes or Syndrome, Depressive or Syndromes, Depressive or Depression, Neurotic or Depressions, Neurotic or Neurotic Depression or Neurotic Depressions or Melancholia or Melancholias or Unipolar Depression or Depression, Unipolar or Depressions, Unipolar or Unipolar Depressions) in Abstract AND (Psychotherapy or Psychotherapies or Psychotherapists or Psychotherapist or Clinical Psychotherapists or Clinical Psychotherapist or Psychotherapist, Clinical or Psychotherapists, Clinical or Cognitive Behavioral Therapy or Behavioral Therapies, Cognitive or Behavioral Therapy, Cognitive or Cognitive Behavioral Therapies or Therapies, Cognitive Behavioral or Therapy, Cognitive Behavioral or Behavior Therapy, Cognitive or Cognitive Behavior Therapy or Cognitive Behaviour Therapy or Behaviour Therapies, Cognitive or Behaviour Therapy, Cognitive or Cognitive Behaviour Therapies or Therapies, Cognitive Behaviour or Therapy, Cognitive Behaviour or Cognitive Therapy or Therapy, Cognitive Behavior or Behavior Therapies, Cognitive or Cognitive Behavior Therapies or Therapies, Cognitive Behavior or Cognitive Psychotherapy or Cognitive Psychotherapies or Psychotherapies, Cognitive or Psychotherapy, Cognitive or Therapy, Cognitive or Cognitive Therapies or Therapies, Cognitive or Therapy, Cognition or Cognition Therapy or Cognition Therapies or Therapies, Cognition or interpersonal psychotherapy or Mindfulness-based cognitive therapy or problem-solving therapy or non-directive supportive counseling or life-review therapy or psychodynamic therapy) in Abstract

Numbers of citations by each database

| Databases, trial registers and other sources | Citations |
|---|------------------|
| Databases: | |
| PubMed | 3514 |
| Cochrane Library | 6608 |
| Embase | 3179 |
| PsycINFO | 3472 |
| Other sources: | 8 |
| Total citations: | 16736 |

eReferences

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2. Bockting, C.L.H., et al., *Effectiveness of preventive cognitive therapy while tapering antidepressants versus maintenance antidepressant treatment versus their combination in prevention of depressive relapse or recurrence (DRD study): a three-group, multicentre, randomised controlled trial*. Lancet Psychiatry, 2018. 5(5): p. 401-410.
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15. Morokuma, I., et al., *Psychoeducation for major depressive disorders: a randomised controlled trial*. Psychiatry research, 2013. 210(1): p. 134 - 139.
16. Paykel, E.S., et al., *Duration of relapse prevention after cognitive therapy in residual depression: follow-up of controlled trial*. Psychol Med, 2005. 35(1): p. 59-68.
17. Perlis, R.H., et al., *Effects of adding cognitive therapy to fluoxetine dose increase on risk of relapse and residual depressive symptoms in continuation treatment of major depressive disorder*. J Clin Psychopharmacol, 2002. 22(5): p. 474-80.
18. Peselow, E.D., et al., *Prophylactic efficacy of fluoxetine, escitalopram, sertraline, paroxetine, and concomitant psychotherapy in major depressive disorder: outcome after long-term follow-up*. Psychiatry Res, 2015. 225(3): p. 680-6.
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eTable 3: Characteristics of the included studies

| | Interventions* (total number of patients) | Women (%) | Mean age | Follow-up Duration (months) | Diagnosis (criteria) | Relapse (criteria) | Number of episodes |
|--------------------|--|-----------|-------------|-----------------------------------|--|---|--------------------------|
| Bockting 2005 | CBT (n=88), TAU (n=84) | 73 | 45 | 24m | DSM–IV MDD | DSM–IV MDD | ≥ 2 |
| Bocting 2018 | CBT+ADM (n=104), ADM (n=100) | 65 | 47 | 24m | DSM–IV MDD | DSM–IV MDD | ≥ 2 |
| Dobson 2008 | CBT (n=30), BA (n=27), ADM (n=28), PLA (n=21) | 69 | 40 | 24m | DSM–IV MDD | Either HRSD scores of 14 or greater, or PSRs of 5 or greater, for two successive weeks. | ≥ 1 |
| Fava 1998 | ADM+CBT (n=20), ADM (n=20) | 68 | 46 | 72m | The patients' diagnoses were established by the consensus of a psychiatrist (G.A.F.) and a clinical psychologist (S.G.) independently using the Schedule for Affective Disorders and Schizophrenia. | An RDC-defined episode of major depression. | ≥ 1 |
| Godfrin 2010 | MBCT (n=52), TAU (n=54) | 81 | 46 | 14m | DSM–IV MDD | DSM–IV MDD | ≥ 3 |
| Hollandare 2013 | CBT (n=42), SUP (n=42) | 85 | 45 | 24m | DSM–IV MDD | DSM–IV MDD | ≥ 1 |

| | | | | | | | |
|---------------|------------------------------------|----|----|-----|------------|--|-----|
| Hollon 2005 | CBT (n=35), ADM (n=34), PLA (n=35) | 59 | 40 | 12m | DSM-IV MDD | ≥ 14 on the HDRS for 2 consecutive weeks. | ≥ 1 |
| Huijbers 2015 | MBCT+ADM (n=33), ADM (n=35) | 72 | 52 | 15m | DSM-IV MDD | with the SCID-I by trained research assistants | ≥ 3 |
| Jarrett 2001 | CBT (n=41), SUP (n=43) | 61 | 43 | 16m | DSM-IV MDD | DSM-IV MDD | ≥ 1 |
| Jarrett 2013 | CBT (n=86), ADM (n=86), PLA (n=69) | 67 | 43 | 24m | DSM-IV MDD | DSM-IV MDD | ≥ 2 |
| Kennedy 2018 | CBT (n=23), ADM (n=71) | 50 | 38 | 21m | DSM-IV MDD | A patient meeting any one of the four following criteria: 1) meeting criteria for a major depressive episode based on a LIFE score of 3 or greater; 2) a 17-item HAM-D ≥ 14 for two consecutive weeks (patients with an HAM-D ≥ 14 at a follow-up visit were asked to return the following week for an additional rating); 3) a 17-item HAM-D ≥ 14 at any follow-up visit and at which time the patient requested an immediate change in treatment; and 4) high risk of suicide, as determined by the study psychiatrist . | ≥ 1 |
| Klein 2018 | CBT (n=132), TAU (n=132) | 75 | 46 | 24m | DSM-IV MDD | DSM-IV MDD | ≥ 2 |

| | | | | | | | |
|------------------|--------------------------------|----|----|------|-------------|--|---|
| Kuyken 2008 | MBCT (n=61), ADM (n=62) | 76 | 49 | 15m | DSM-IV MDD | DSM-IV MDD | ≥ 3 |
| Kuyken 2015 | MBCT (n=212), ADM (n=212) | 77 | 50 | 24m | DSM-IV MDD | DSM-IV MDD | ≥ 3 |
| Lemmens 2019 | CBT (n=69), IPT (n=65) | 66 | 41 | 17m | DSM-IV MDD | Relapse on the BDI-II was defined as losing $\geq 50\%$ of the improvement that occurred over the course of treatment at any point during the follow-up. | ≥ 1 |
| Ma 2004 | MBCT (n=28), TAU (n=27) | 76 | 45 | 12m | DSM-IV MDD | DSM-IV MDD | ≥ 2 (survival curve ≥ 3) |
| Morokuma 2013 | SUP+ADM (n=19), ADM (n=15) | 56 | 43 | 9m | DSM-IV MDD | DSM-IV MDD | ≥ 1 |
| Paykel 2005 | CBT+ADM (n=70), ADM (n=65) | 50 | 43 | 72m | DSM-III MDD | DSM-III MDD | ≥ 1 |
| Perlis 2002 | CBT+ADM (n=66), ADM (n=66) | 55 | 40 | 7m | DSM-III MDD | DSM-III MDD | ≥ 3 |
| Peselow 2015 | CBT+ADM (n=88), ADM (n=299) | 59 | 32 | 144m | DSM-IV MDD | DSM-IV MDD | ≥ 1 |

| | | | | | | | |
|--------------------|---|----|----|-----|--------------------|---|----|
| Segal 2010 | MBCT (n=26), ADM (n=28), PLA (n=30) | 63 | 44 | 18m | DSM-IV MDD | DSM-IV MDD | ≥3 |
| Shallcross 2018 | MBCT (n=46), SUP (n=46) | 76 | 35 | 26m | DSM-IV MDD | DSM-IV MDD | ≥1 |
| Shea 1992 | CBT (n=59), IPT (n=61), ADM (n=57), PLA (n=62) | 70 | 35 | 18m | RDC MDD HRSD≥14 | The conventional LIFE-II definition of relapse was used: two consecutive weeks of symptoms meeting RDC for definite MDD (5 or 6 on the PSR scale). | ≥1 |
| Simons 1986 | CBT (n=19), CBT+ADM (n=18), ADM (n=16) | 52 | 34 | 12m | DSM-III MDD | BDI scores of 16 or higher | ≥1 |
| Stangier 2013 | CBT+ADM (n=90), SUP+ADM (n=90) | 72 | 49 | 12m | DSM-IV MDD | DSM-IV MDD | ≥3 |

* names of psychological interventions have been standardized, according to the intervention description.

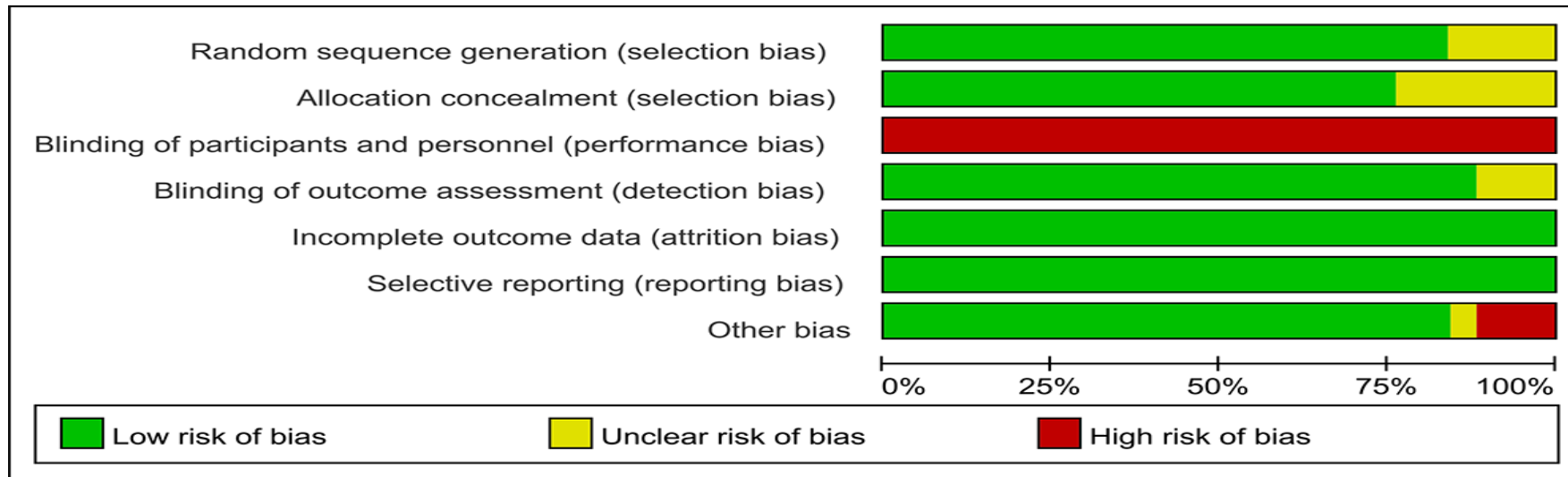
eTable 4: The detailed descriptions of these psychotherapies and psychological control conditions

| Interventions | Abbreviation | Description |
|-------------------------------------|--------------|---|
| Psychotherapeutic Intervention: | | |
| Behavioural activation therapy | BA | We considered an intervention to be behavioral activation when the registration of pleasant activities and the increase of positive interactions between a person and his or her environment were the core elements of the treatment. Social skills training could be a part of the intervention. |
| Cognitive behavior therapy | CBT | In CBT the therapists focus on the impact a patient's present dysfunctional thoughts have on current behavior and future functioning. CBT is aimed at evaluating, challenging and modifying a patient's dysfunctional beliefs (cognitive restructuring). In this form of treatment the therapist mostly emphasizes homework assignments and outside-of-session activities. Therapists exert an active influence over therapeutic interactions and topics of discussion, use a psycho educational approach, and teach patients new ways of coping with stressful situations. |
| Interpersonal therapy | IPT | IPT is a brief and highly structured manual-based psychotherapy that addresses interpersonal issues in depression, to the exclusion of all other foci of clinical attention. |
| Mindfulness-based cognitive therapy | MBCT | Mindfulness-Based Cognitive Therapy (MBCT) is using guided meditations and exercises from CBT, participants were taught skills to identify cognitive distortions and to disengage from depression-focused ruminative thinking patterns through the use of non-judgmental and present-focused awareness. |

| | | |
|-------------------------|-----|--|
| Life review therapy | LRT | Reminiscence is a naturally occurring process of recalling the past, that is hypothesized to resolve conflicts from the past and make up the balance of one's life. Since the beginning of the 1970s, reminiscence has been used by therapists as a specific treatment of depression in older adults. In these life review therapies the patients work through the memories of all phases in their life with the aim of re-evaluation of their life, resolving conflicts or assessing adaptive coping-responses. We defined life review therapies as all therapies that are aimed at the systematic evaluation of the lives of participants. |
| Psychodynamic therapy | DYN | The primary objective in (short-term) psychodynamic therapy is to enhance the patient's understanding, awareness and insight about repetitive conflicts (intra psychic and intrapersonal). An assumption in psychodynamic therapy is that a patient's childhood experiences, past unresolved conflicts, and historical relationships significantly affect a person's present life situation. In this form of treatment the therapist concentrates on the patient's past, unresolved conflicts, historical relationships and the impact these have on a patient's present functioning. Furthermore, in psychodynamic therapy the therapists explore a patient's wishes, dreams, and fantasies. The time limitations and the focal explorations of the patient's life and emotions distinguish psychodynamic therapy from psychoanalytic psychotherapy. We did not identify subtypes of psychodynamic therapy. |
| Problem-solving therapy | PST | We defined PST as a psychological intervention in which the following elements had to be included: definition of personal problems, generation of multiple solutions to each problem, selection of the best solution, the working out of a systematic plan for this solution, and evaluation as to whether the solution has resolved the problem. |

| | | |
|------------------------|-----|---|
| Supportive counselling | SUP | We defined Supportive counselling as any unstructured therapy without specific psychological techniques other than those common to all approaches such as helping people to ventilate their experiences and emotions and offering empathy. It is not aimed at solutions, or acquiring new skills. It assumes that relief from personal problems may be achieved through discussion with others. |
| Control conditions: | | |
| Placebo | PLA | PLA is a control condition that was regarded as inactive by the researchers, but was to be the participants. |
| Treatment as usual | TAU | TAU is not considered to be structured psychotherapy, but may have some treatment effects. |
| Antidepressant | ADM | ADM is a control condition in which the participants receive any kind of antidepressant. |

eFigure 1A: Risk of Bias Summary



eFigure 1B: Risk of Bias Graph

| | bocking 2005 | Bocking 2018 | Dobson 2008 | Fava 1998 | Godfrin 2010 | Hollandare 2013 | Hollon 2005 | Huijbers 2015 | Jarrett 2001 | Jarrett 2013 | Kennedy 2018 | Klein 2018 | Kuyken 2008 | Kuyken 2015 | Lemmens 2019 | Ma 2004 | Morokuma 2013 | Paykel 2005 | Perlis 2002 | Peselow 2015 | Segal 2010 | Shallcross 2018 | Shea 1992 | Simons 1986 | Stangier 2013 |
|---|--------------|--------------|-------------|-----------|--------------|-----------------|-------------|---------------|--------------|--------------|--------------|------------|-------------|-------------|--------------|---------|---------------|-------------|-------------|--------------|------------|-----------------|-----------|-------------|---------------|
| Random sequence generation (selection bias) | + | + | + | ? | + | + | ? | + | + | + | + | + | + | + | + | + | + | + | ? | ? | + | + | + | + | + |
| Allocation concealment (selection bias) | + | + | + | ? | + | + | ? | + | + | + | + | + | ? | + | + | + | + | + | ? | ? | + | ? | + | + | + |
| Blinding of participants and personnel (performance bias) | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| Blinding of outcome assessment (detection bias) | + | + | + | + | ? | ? | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| Incomplete outcome data (attrition bias) | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| Selective reporting (reporting bias) | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| Other bias | + | + | ? | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |

Note

Legend for network plots: lines link treatments with direct comparisons in trials; thickness of lines corresponds to the number of trials evaluating the comparison; size of the nodes corresponds to the number of trials investigating the treatment.

Legend for forest-plots: effect sizes are from the network-meta-analysis. The type of effect size measure (OR=odds ratio) can be seen on top right.

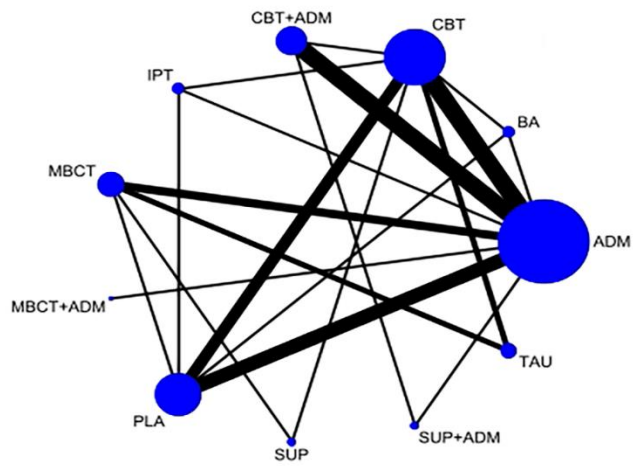
Order of treatments is according to the surface under the cumulative ranking. Reference is ADM.

The direction of the effect is indicated below the y-axis. In general, effect estimates to the left are in favor of psychological treatment.

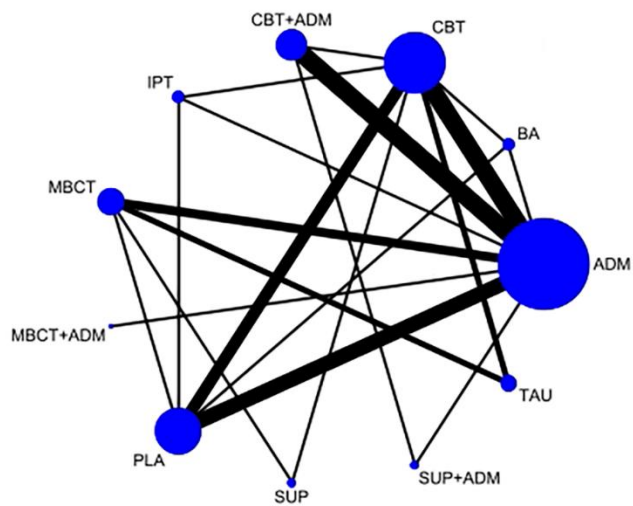
Legend for league tables: Odds risks (ORs) and 95% confidence intervals (CIs) are reported. Results of the network meta-analysis are reported in the lower left part of the table. ORs higher than 1 favour the column-defining treatment. Statistically significant results are highlighted in grey.

Abbreviations: ADM=antidepressant. BA=behavioural active therapy. CBT=cognitive behavioral therapy. CBT+ADM=cognitive behavioral therapy combined with antidepressant. IPT=interpersonal therapy. MBCT=mindfulness-based cognitive therapy. MBCT+ADM=mindfulness-based cognitive therapy combined with antidepressant. PLA=placebo. SUP=supportive counselling. SUP+ADM=supportive counselling combined with antidepressant. TAU=treatment as usual.

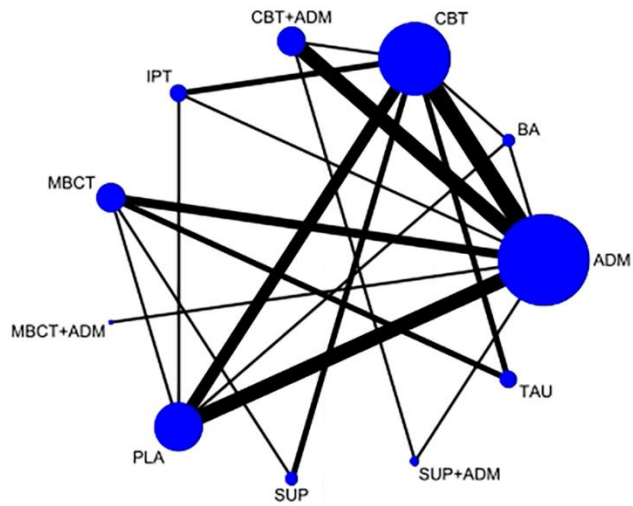
eFigure 2A: Network Plot (3-month follow-up timepoint)



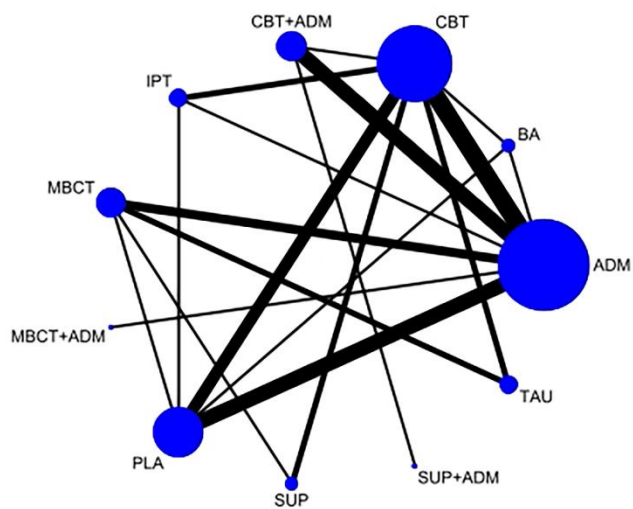
eFigure 2B: Network Plot (6-month follow-up timepoint)



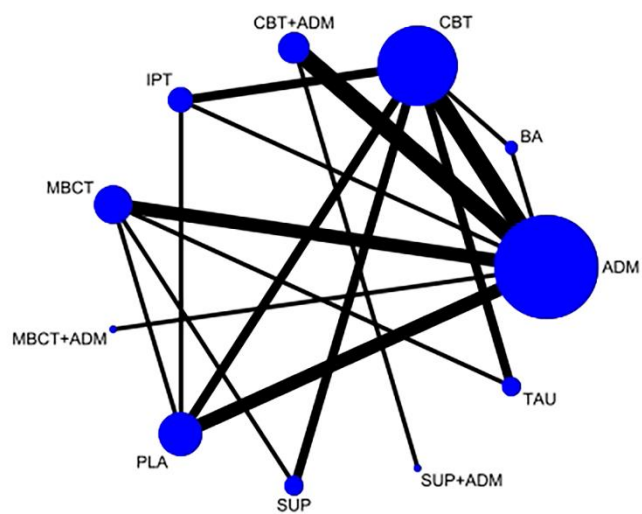
eFigure 2C: Network Plot (9-month follow-up timepoint)



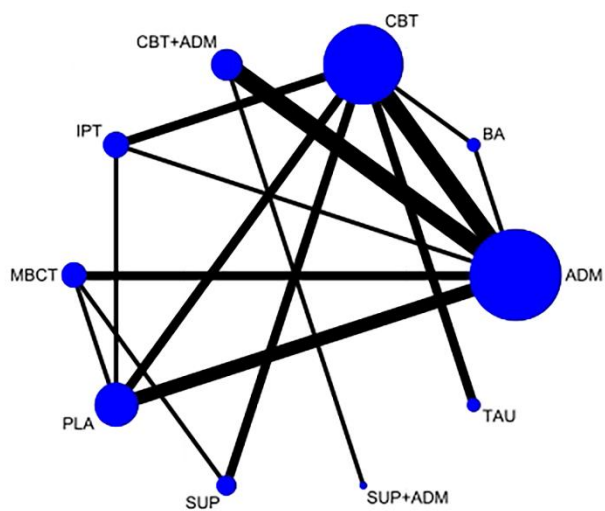
eFigure 2D: Network Plot (12-month follow-up timepoint)



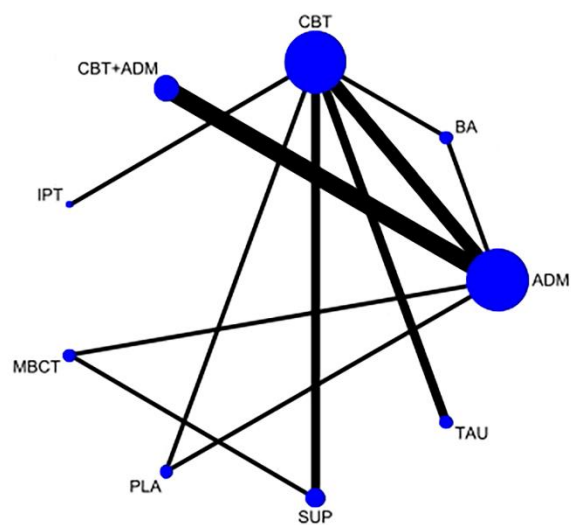
eFigure 2E: Network Plot (15-month follow-up timepoint)



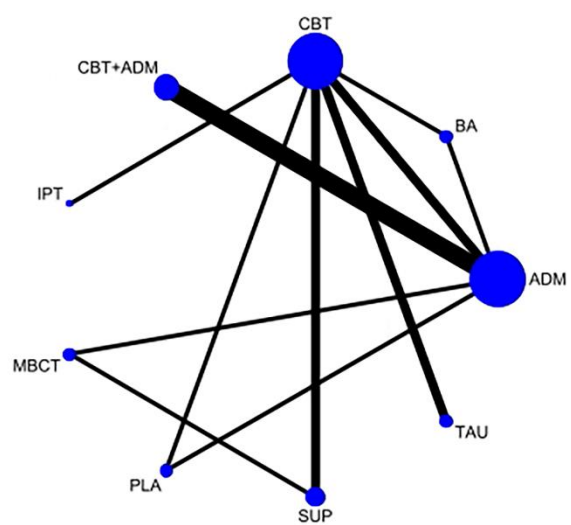
eFigure 2F: Network Plot (18-month follow-up timepoint)



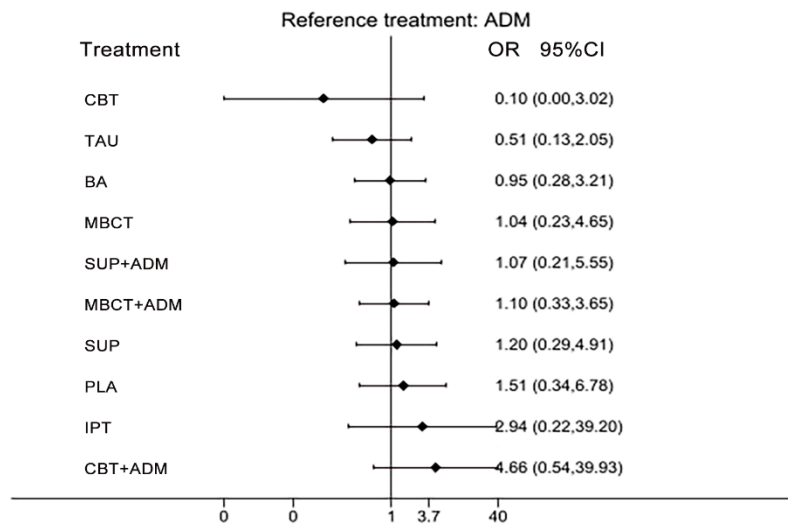
eFigure 2G: Network Plot (21-month follow-up timepoint)



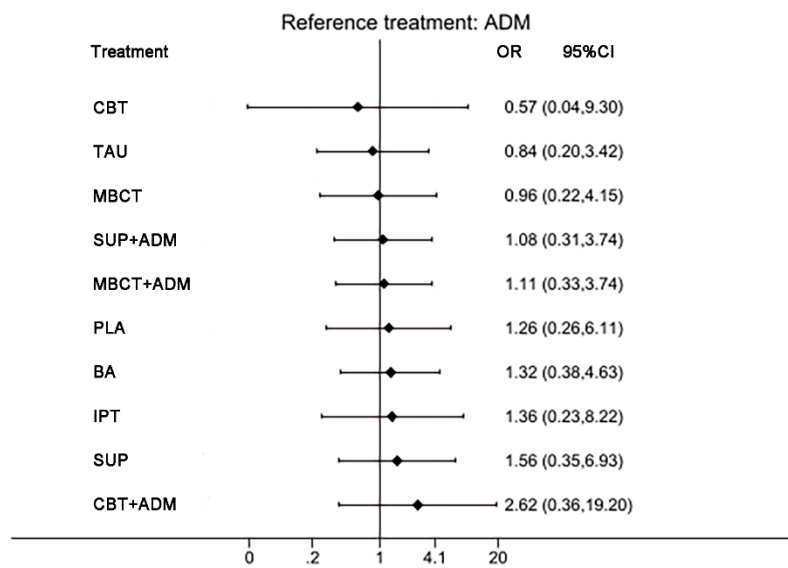
eFigure 2H: Network Plot (24-month follow-up timepoint)



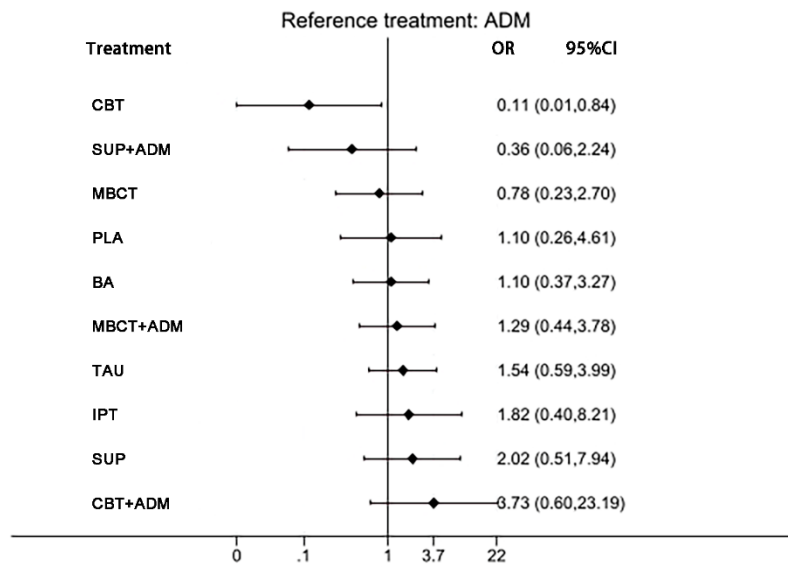
eFigure 3A: Forest plot of primary (3-month follow-up timepoint)



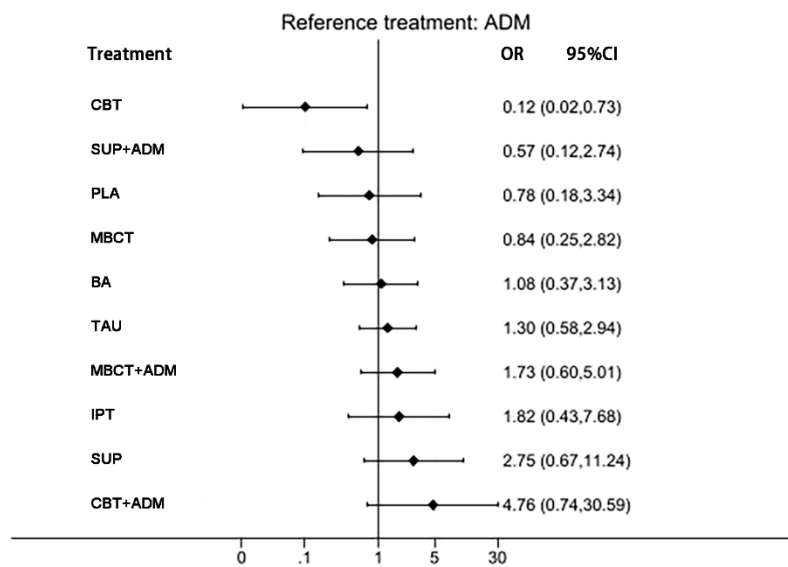
eFigure 3B: Forest plot of primary (6-month follow-up timepoint)



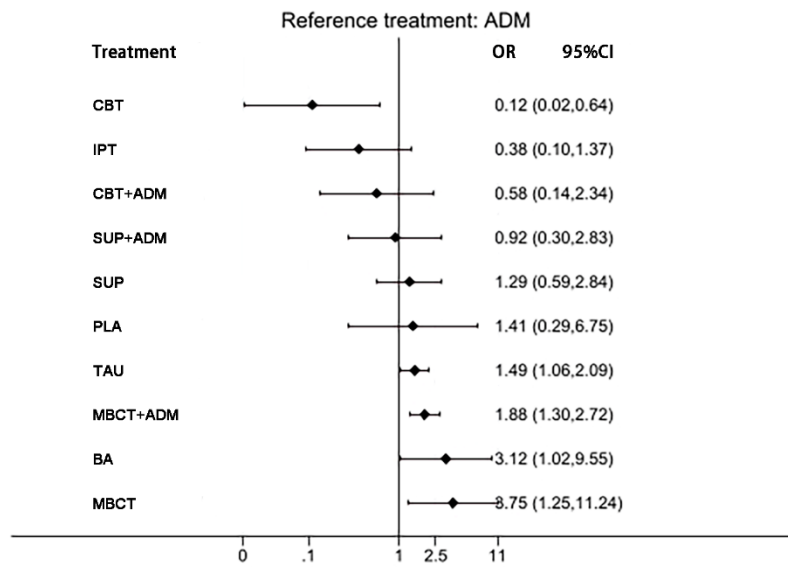
eFigure 3C: Forest plot of primary (9-month follow-up timepoint)



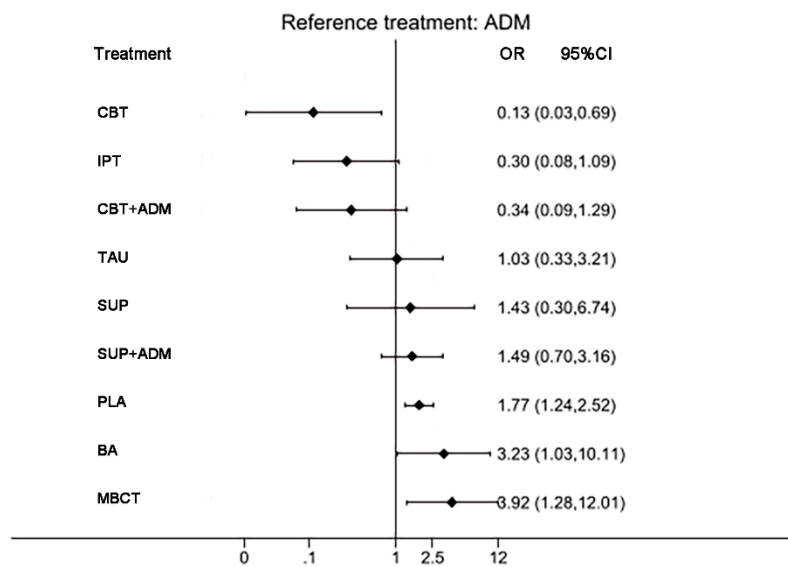
eFigure 3D: Forest plot of primary (12-month follow-up timepoint)



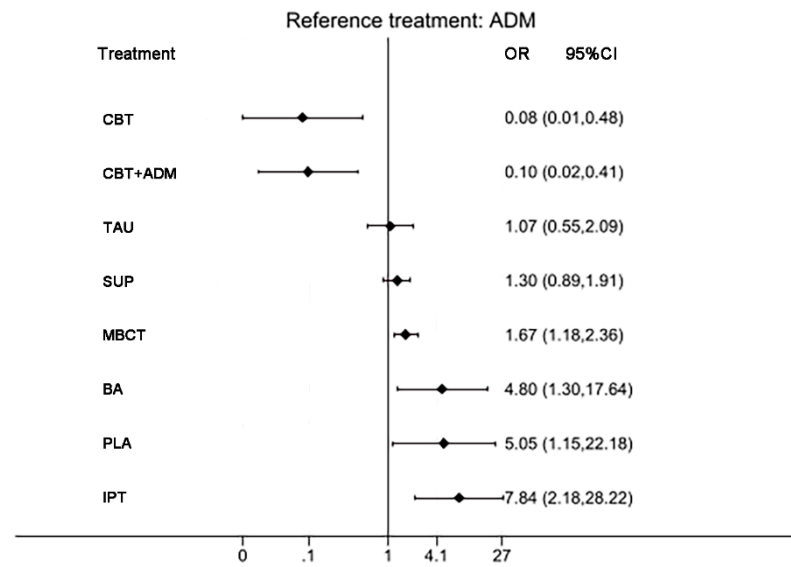
eFigure 3E: Forest plot of primary (15-month follow-up timepoint)



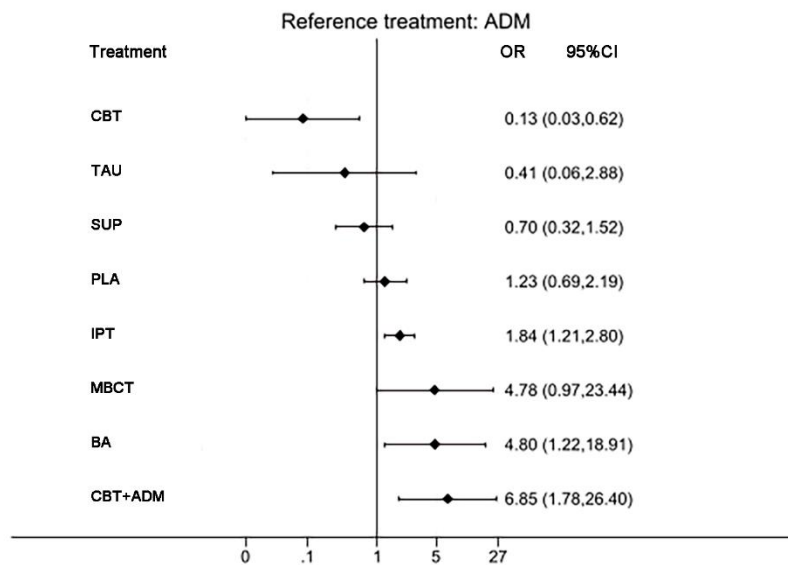
eFigure 3F: Forest plot of primary (18-month follow-up timepoint)



eFigure 3G: Forest plot of primary (21-month follow-up timepoint)



eFigure 3H: Forest plot of primary (24-month follow-up timepoint)



eTable 5A: League Table for 3-month follow-up timepoint

| | | | | | | | | | | |
|-------------------------|---------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|----------------------|-------------------|-----|
| SUP+ADM | | | | | | | | | | |
| 2.86 (0.07,119.46) | MBCT+ADM | | | | | | | | | |
| 8.61 (0.41,183.03) | 3.01 (0.31,29.00) | MBCT | | | | | | | | |
| 13.93 (0.54,356.71) | 4.87 (0.40,59.98) | 1.62 (0.44,6.00) | CBT | | | | | | | |
| 12.72 (0.46,353.35) | 4.44 (0.32,60.79) | 1.48 (0.33,6.63) | 0.91 (0.14,5.82) | CBT+ADM | | | | | | |
| 14.21 (0.46,438.77) | 4.97 (0.32,77.58) | 1.65 (0.29,9.25) | 1.02 (0.13,7.81) | 1.12 (0.13,9.73) | IPT | | | | | |
| 16.02 (0.62,411.82) | 5.60 (0.45,69.32) | 1.86 (0.50,6.97) | 1.15 (0.34,3.84) | 1.26 (0.20,8.09) | 1.13 (0.15,8.69) | BA | | | | |
| 1.07 (0.21,5.55) | 1.10 (0.33,3.65) | 1.04 (0.23,4.65) | 0.10 (0.00,3.02) | 4.66 (0.54,39.93) | 2.94 (0.22,39.20) | 0.95 (0.28,3.21) | ADM | | | |
| 31.55 (1.18,845.07) | 11.02 (0.84,143.94) | 3.66 (0.89,15.15) | 2.26 (1.31,3.90) | 2.48 (0.36,17.10) | 2.22 (0.27,18.27) | 1.97 (0.52,7.40) | 1.95 (0.49,7.79) | TAU | | |
| 34.34 (1.33,883.31) | 12.00 (0.97,148.72) | 3.99 (1.06,14.97) | 2.46 (0.74,8.26) | 2.70 (0.42,17.36) | 2.42 (0.31,18.65) | 2.14 (0.63,7.26) | 0.66 (0.15,2.97) | 1.09 (0.29,4.10) | PLA | |
| 75.99 (2.04,2825.71) | 26.56 (1.35,521.50) | 8.82 (1.11,69.83) | 5.45 (1.10,27.01) | 5.98 (0.52,69.09) | 5.35 (0.40,71.25) | 4.74 (0.64,35.19) | 0.83 (0.20,3.41) | 2.41 (0.44,13.05) | 2.21 (0.30,16.45) | SUP |

eTable 5B: League Table for 6-month follow-up timepoint

| | | | | | | | | | | | |
|--------------------------|------------------------|------------------------|------------------------|-------------------|-------------------|-------------------|------------------|-------------------|-------------------|-----|--|
| SUP+ADM | | | | | | | | | | | |
| 8.73 (0.80,95.45) | MBCT | | | | | | | | | | |
| 10.13 (0.64,159.87) | 1.16 (0.23,5.77) | CBT+ADM | | | | | | | | | |
| 11.25 (0.76,166.76) | 1.29 (0.29,5.74) | 1.11 (0.15,8.46) | MBCT+ADM | | | | | | | | |
| 11.94 (0.85,166.90) | 1.37 (0.34,5.46) | 1.18 (0.17,8.30) | 1.06 (0.16,6.83) | BA | | | | | | | |
| 14.17 (1.03,194.21) | 1.62 (0.42,6.24) | 1.40 (0.20,9.59) | 1.26 (0.20,7.88) | 1.19 (0.34,4.13) | CBT | | | | | | |
| 14.58 (1.05,202.58) | 1.67 (0.42,6.59) | 1.44 (0.21,10.05) | 1.30 (0.20,8.26) | 1.22 (0.21,7.15) | 1.03 (0.18,5.84) | IPT | | | | | |
| 1.08 (0.31,3.74) | 0.96 (0.22,4.15) | 2.62 (0.36,19.20) | 1.11 (0.33,3.74) | 1.32 (0.38,4.63) | 0.57 (0.04,9.30) | 1.36 (0.23,8.22) | ADM | | | | |
| 24.36 (1.66,356.57) | 2.79 (0.64,12.15) | 2.41 (0.32,18.02) | 2.16 (0.32,14.86) | 2.04 (0.51,8.12) | 1.72 (0.95,3.11) | 1.67 (0.27,10.46) | 1.20 (0.29,4.90) | TAU | | | |
| 37.80 (2.67,535.00) | 4.33 (1.06,17.71) | 3.73 (0.52,26.72) | 3.36 (0.51,21.99) | 3.17 (0.85,11.78) | 2.67 (0.75,9.52) | 2.59 (0.44,15.44) | 0.80 (0.16,3.86) | 1.55 (0.38,6.32) | PLA | | |
| 113.38 (5.10,2518.06) | 12.99 (1.53,110.28) | 11.20 (0.88,142.36) | 10.08 (0.85,119.63) | 9.50 (1.19,75.87) | 8.00 (1.52,42.15) | 7.77 (0.70,85.97) | 0.64 (0.14,2.86) | 4.66 (0.80,27.18) | 3.00 (0.37,24.33) | SUP | |

eTable 5C: League Table for 9-month follow-up timepoint

| | | | | | | | | | | | |
|---------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|------------------|-----|--|
| SUP+ADM | | | | | | | | | | | |
| 8.74 (0.89,85.75) | MBCT | | | | | | | | | | |
| 7.80 (0.56,108.99) | 0.89 (0.22,3.67) | CBT+ADM | | | | | | | | | |
| 10.22 (0.88,118.16) | 1.17 (0.42,3.24) | 1.31 (0.25,6.95) | IPT | | | | | | | | |
| 12.17 (1.00,147.81) | 1.39 (0.45,4.32) | 1.56 (0.27,8.89) | 1.19 (0.28,5.00) | CBT | | | | | | | |
| 12.60 (1.03,153.67) | 1.44 (0.46,4.51) | 1.62 (0.28,9.25) | 1.23 (0.29,5.21) | 1.04 (0.23,4.75) | MBCT+ADM | | | | | | |
| 14.32 (1.17,175.09) | 1.64 (0.52,5.16) | 1.84 (0.32,10.56) | 1.40 (0.33,5.95) | 1.18 (0.40,3.50) | 1.14 (0.24,5.28) | BA | | | | | |
| 0.36 (0.06,2.24) | 0.78 (0.23,2.70) | 3.73 (0.60,23.19) | 1.82 (0.40,8.21) | 0.11 (0.01,0.84) | 1.29 (0.44,3.78) | 1.10 (0.37,3.27) | ADM | | | | |
| 20.20 (1.61,253.75) | 2.31 (0.69,7.71) | 2.59 (0.43,15.48) | 1.98 (0.44,8.79) | 1.66 (1.10,2.51) | 1.60 (0.33,7.77) | 1.41 (0.44,4.52) | 0.65 (0.25,1.68) | TAU | | | |
| 32.45 (2.58,407.80) | 3.71 (1.11,12.39) | 4.16 (0.70,24.87) | 3.17 (0.71,14.13) | 2.67 (0.84,8.42) | 2.58 (0.53,12.49) | 2.27 (0.71,7.27) | 0.91 (0.22,3.83) | 1.61 (0.47,5.45) | PLA | | |
| 66.90 (4.71,950.44) | 7.65 (1.80,32.47) | 8.58 (1.21,60.77) | 6.54 (1.20,35.56) | 5.50 (2.24,13.50) | 5.31 (0.91,31.15) | 4.67 (1.14,19.18) | 0.49 (0.13,1.95) | 3.31 (1.23,8.90) | 2.06 (0.48,8.87) | SUP | |

eTable 5D: League Table for 12-month follow-up timepoint

| | | | | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|----------------------|-------------------|------------------|------------------|------------------|-----|--|
| CBT+ADM | | | | | | | | | | | |
| 1.15 (0.63,2.09) | SUP+ADM | | | | | | | | | | |
| 1.59 (0.27,9.25) | 1.38 (0.21,8.88) | CBT | | | | | | | | | |
| 1.78 (0.42,7.59) | 1.55 (0.32,7.43) | 1.12 (0.37,3.43) | MBCT | | | | | | | | |
| 2.06 (0.37,11.53) | 1.79 (0.29,11.09) | 1.30 (0.30,5.55) | 1.16 (0.41,3.30) | MBCT+ADM | | | | | | | |
| 2.11 (0.42,10.72) | 1.83 (0.32,10.37) | 1.33 (0.35,5.07) | 1.18 (0.49,2.86) | 1.02 (0.28,3.69) | IPT | | | | | | |
| 2.54 (0.44,14.80) | 2.21 (0.34,14.21) | 1.60 (0.55,4.68) | 1.42 (0.47,4.35) | 1.23 (0.29,5.26) | 1.20 (0.32,4.58) | BA | | | | | |
| 2.48 (0.41,15.10) | 2.16 (0.32,14.46) | 1.56 (1.06,2.31) | 1.39 (0.43,4.54) | 1.20 (0.27,5.41) | 1.18 (0.29,4.74) | 0.98 (0.31,3.06) | TAU | | | | |
| 4.76 (0.74,30.59) | 0.57 (0.12,2.74) | 0.12 (0.02,0.73) | 0.84 (0.25,2.82) | 1.73 (0.60,5.01) | 1.82 (0.43,7.68) | 1.08 (0.37,3.13) | 1.30 (0.58,2.94) | ADM | | | |
| 4.23 (0.69,25.88) | 3.68 (0.55,24.78) | 2.67 (0.84,8.42) | 2.37 (0.72,7.80) | 2.05 (0.45,9.28) | 2.01 (0.49,8.13) | 1.67 (0.53,5.27) | 1.71 (0.51,5.75) | 1.29 (0.30,5.56) | PLA | | |
| 7.14 (1.03,49.48) | 6.21 (0.82,47.10) | 4.50 (2.03,10.00) | 4.01 (1.02,15.80) | 3.46 (0.66,18.16) | 3.39 (0.71,16.07) | 2.81 (0.74,10.72) | 2.88 (1.18,7.00) | 0.36 (0.09,1.49) | 1.69 (0.42,6.85) | SUP | |

eTable 5E: League Table for 15-month follow-up timepoint

| | | | | | | | | | | |
|----------------------|----------------------|---------------------|---------------------|---------------------|----------------------|---------------------|---------------------|---------------------|---------------------|-----|
| CBT | | | | | | | | | | |
| 1.20 (0.42,3.44) | BA | | | | | | | | | |
| 1.54 (1.05,2.26) | 1.28 (0.42,3.94) | TAU | | | | | | | | |
| 1.99 (0.63,6.35) | 1.66 (0.51,5.39) | 1.29 (0.38,4.38) | CBT+ADM | | | | | | | |
| 2.28 (0.62,8.37) | 1.90 (0.51,7.09) | 1.48 (0.38,5.74) | 1.14 (0.64,2.06) | SUP+ADM | | | | | | |
| 2.52 (0.80,7.96) | 2.10 (0.65,6.76) | 1.64 (0.49,5.50) | 1.26 (0.76,2.09) | 1.11 (0.51,2.40) | MBCT | | | | | |
| 2.90 (0.75,11.17) | 2.41 (0.62,9.46) | 1.88 (0.46,7.64) | 1.45 (0.61,3.46) | 1.27 (0.44,3.62) | 1.15 (0.49,2.70) | IPT | | | | |
| 3.07 (0.80,11.77) | 2.56 (0.66,9.97) | 1.99 (0.49,8.06) | 1.54 (0.65,3.64) | 1.34 (0.47,3.81) | 1.22 (0.52,2.84) | 1.06 (0.48,2.32) | PLA | | | |
| 3.25 (0.75,14.04) | 2.71 (0.62,11.87) | 2.11 (0.46,9.57) | 1.63 (0.58,4.59) | 1.42 (0.43,4.68) | 1.29 (0.46,3.59) | 1.12 (0.32,3.90) | 1.06 (0.31,3.66) | MBCT+ADM | | |
| 3.81 (1.86,7.80) | 3.18 (0.89,11.36) | 2.47 (1.10,5.57) | 1.91 (0.49,7.47) | 1.67 (0.38,7.37) | 1.51 (0.39,5.86) | 1.32 (0.29,6.07) | 1.24 (0.27,5.71) | 1.17 (0.23,5.99) | SUP | |
| 0.12 (0.02,0.64) | 3.12 (1.02,9.55) | 1.49 (1.06,2.09) | 0.58 (0.14,2.34) | 0.92 (0.30,2.83) | 3.75 (1.25,11.24) | 0.38 (0.10,1.37) | 1.41 (0.29,6.75) | 1.88 (1.30,2.72) | 1.29 (0.59,2.84) | ADM |

eTable 5F: League Table for 18-month follow-up timepoint

| | | | | | | | | | |
|----------------------|----------------------|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|-----|
| CBT | | | | | | | | | |
| 1.21 (0.43,3.45) | BA | | | | | | | | |
| 1.45 (0.99,2.12) | 1.20 (0.39,3.64) | TAU | | | | | | | |
| 2.22 (0.69,7.18) | 1.83 (0.55,6.04) | 1.53 (0.45,5.25) | CBT+ADM | | | | | | |
| 2.43 (0.65,9.01) | 2.00 (0.53,7.56) | 1.67 (0.43,6.54) | 1.09 (0.61,1.96) | SUP+ADM | | | | | |
| 2.57 (0.67,9.87) | 2.11 (0.54,8.28) | 1.77 (0.44,7.16) | 1.16 (0.51,2.65) | 1.06 (0.38,2.91) | PLA | | | | |
| 2.63 (0.68,10.12) | 2.17 (0.55,8.48) | 1.81 (0.45,7.34) | 1.18 (0.52,2.71) | 1.08 (0.39,2.99) | 1.02 (0.48,2.18) | IPT | | | |
| 2.95 (0.90,9.63) | 2.43 (0.73,8.09) | 2.03 (0.59,7.03) | 1.33 (0.79,2.24) | 1.22 (0.56,2.66) | 1.15 (0.50,2.66) | 1.12 (0.48,2.60) | MBCT | | |
| 3.59 (1.78,7.27) | 2.96 (0.84,10.43) | 2.47 (1.11,5.50) | 1.62 (0.41,6.36) | 1.48 (0.33,6.56) | 1.40 (0.31,6.39) | 1.37 (0.30,6.25) | 1.22 (0.31,4.83) | SUP | |
| 0.13 (0.03,0.69) | 3.23 (1.03,10.11) | 1.03 (0.33,3.21) | 0.34 (0.09,1.29) | 1.49 (0.70,3.16) | 1.77 (1.24,2.52) | 0.30 (0.08,1.09) | 3.92 (1.28,12.01) | 1.43 (0.30,6.74) | ADM |

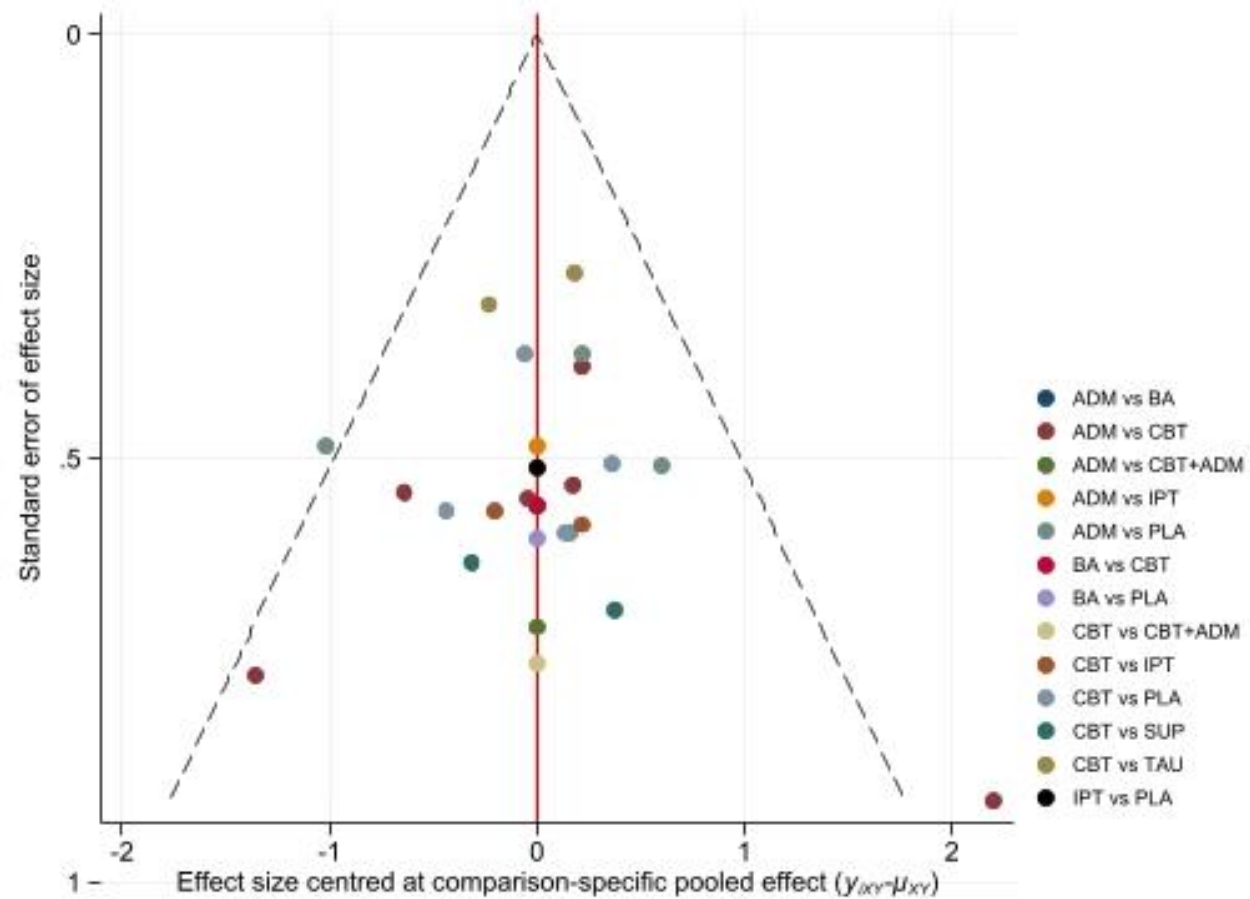
eTable 5G: League Table for 21-month follow-up timepoint

| | | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-------------------|-----|--|
| CBT | | | | | | | | | |
| 1.43 (0.98,2.08) | TAU | | | | | | | | |
| 1.55 (0.74,3.25) | 1.09 (0.47,2.50) | IPT | | | | | | | |
| 1.63 (0.57,4.66) | 1.15 (0.38,3.49) | 1.05 (0.29,3.80) | BA | | | | | | |
| 3.07 (1.53,6.14) | 2.15 (0.98,4.74) | 1.98 (0.72,5.45) | 1.88 (0.53,6.60) | SUP+ADM | | | | | |
| 4.70 (1.25,17.72) | 3.29 (0.83,13.09) | 3.03 (0.66,13.84) | 2.87 (0.75,11.07) | 1.53 (0.34,6.85) | CBT+ADM | | | | |
| 6.01 (1.58,22.90) | 4.22 (1.05,16.92) | 3.88 (0.84,17.86) | 3.68 (0.95,14.30) | 1.96 (0.43,8.84) | 1.28 (0.76,2.15) | MBCT | | | |
| 7.32 (1.72,31.04) | 5.13 (1.15,22.84) | 4.72 (0.93,23.91) | 4.48 (1.04,19.36) | 2.38 (0.48,11.85) | 1.56 (0.73,3.31) | 1.22 (0.56,2.63) | PLA | | |
| 0.08 (0.01,0.48) | 1.07 (0.55,2.09) | 7.84 (2.18,28.22) | 4.80 (1.30,17.64) | 1.30 (0.89,1.91) | 0.10 (0.02,0.41) | 1.67 (1.18,2.36) | 5.05 (1.15,22.18) | ADM | |

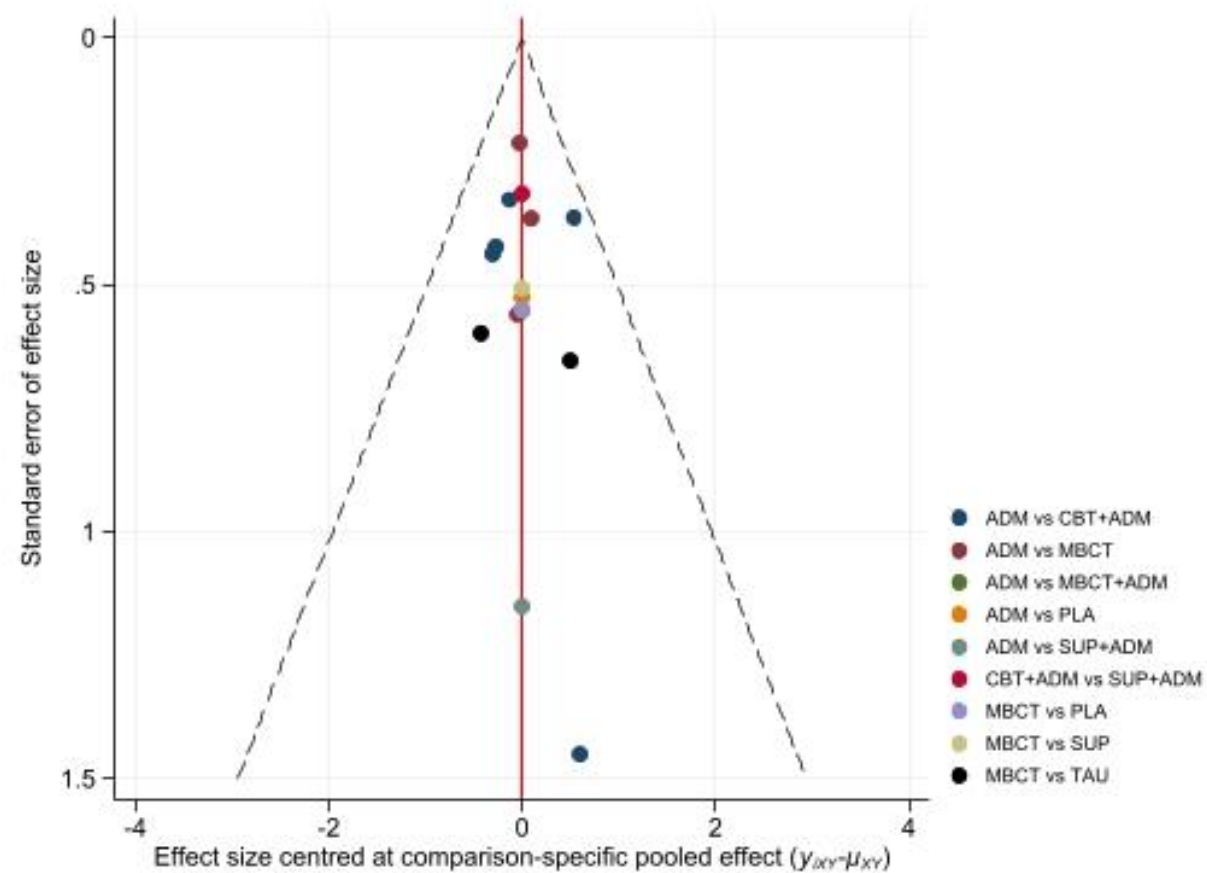
eTable 5H: League Table for 24-month follow-up timepoint

| | | | | | | | | |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|---------------------|-----|
| CBT | | | | | | | | |
| 1.34 (0.82,2.19) | TAU | | | | | | | |
| 1.43 (0.46,4.42) | 1.06 (0.31,3.65) | BA | | | | | | |
| 1.43 (0.62,3.33) | 1.07 (0.40,2.84) | 1.00 (0.25,4.11) | IPT | | | | | |
| 3.71 (0.90,15.25) | 2.77 (0.62,12.37) | 2.60 (0.62,10.91) | 2.59 (0.50,13.41) | CBT+ADM | | | | |
| 3.09 (1.35,7.08) | 2.30 (0.89,5.97) | 2.16 (0.53,8.79) | 2.16 (0.66,7.03) | 0.83 (0.16,4.32) | SUP+ADM | | | |
| 5.57 (1.28,24.13) | 4.15 (0.88,19.49) | 3.90 (0.88,17.25) | 3.88 (0.71,21.06) | 1.50 (0.74,3.05) | 1.80 (0.33,9.71) | MBCT | | |
| 0.13 (0.03,0.62) | 0.41 (0.06,2.88) | 4.80 (1.22,18.91) | 1.84 (1.21,2.80) | 6.85 (1.78,26.40) | 0.70 (0.32,1.52) | 4.78 (0.97,23.44) | ADM | |
| 9.84 (2.07,46.74) | 7.33 (1.43,37.59) | 6.89 (1.42,33.39) | 6.86 (1.17,40.34) | 2.65 (1.09,6.42) | 3.18 (0.54,18.59) | 1.77 (0.67,4.66) | 0.81 (0.46,1.44) | PLA |

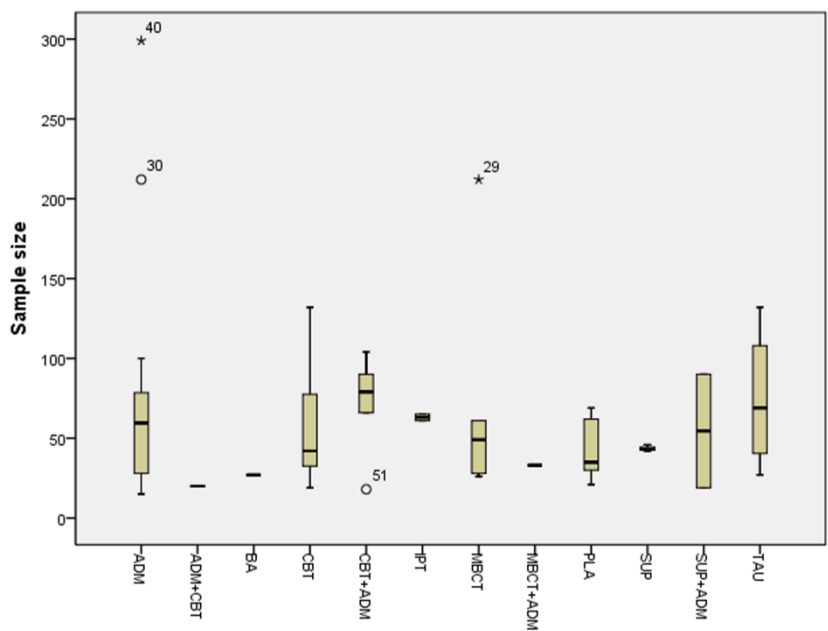
eFigure 4A: Funnel plot of primary outcome in 9-month follow up (with CBT)



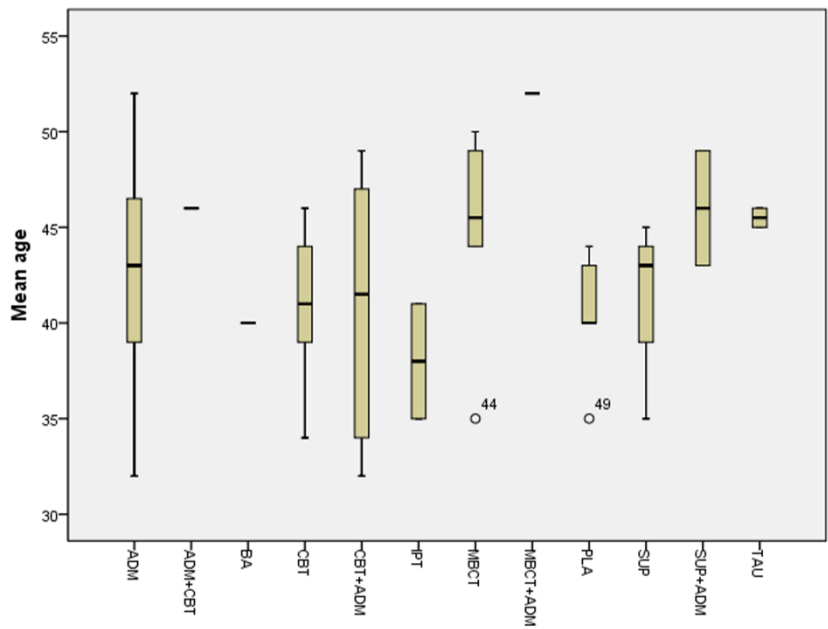
eFigure 4B: Funnel plot of primary outcome in 9-month follow up (without CBT)



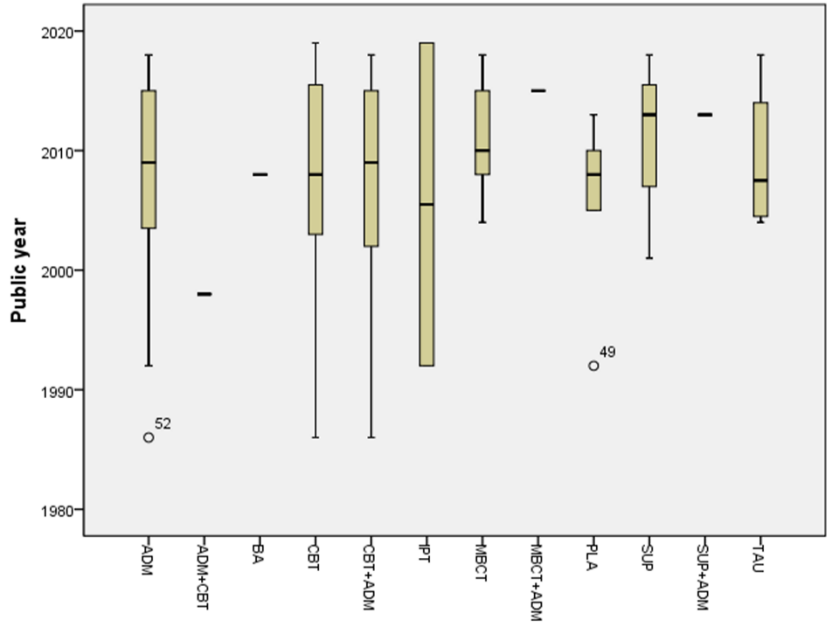
eFigure 5A: Transitivity assessment of sample size



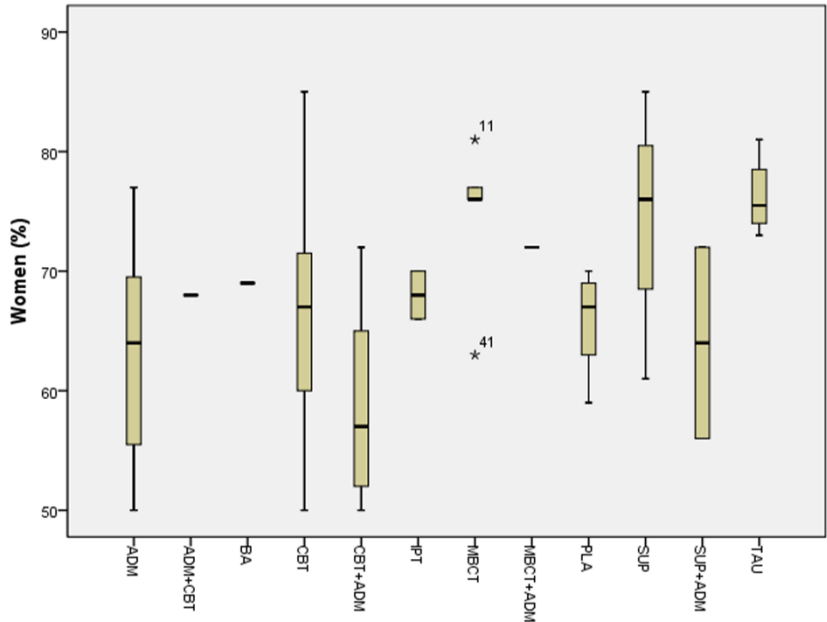
eFigure 5B: Transitivity assessment of mean age



eFigure 5C: Transitivity assessment of public year



eFigure 5D: Transitivity assessment of women(%)

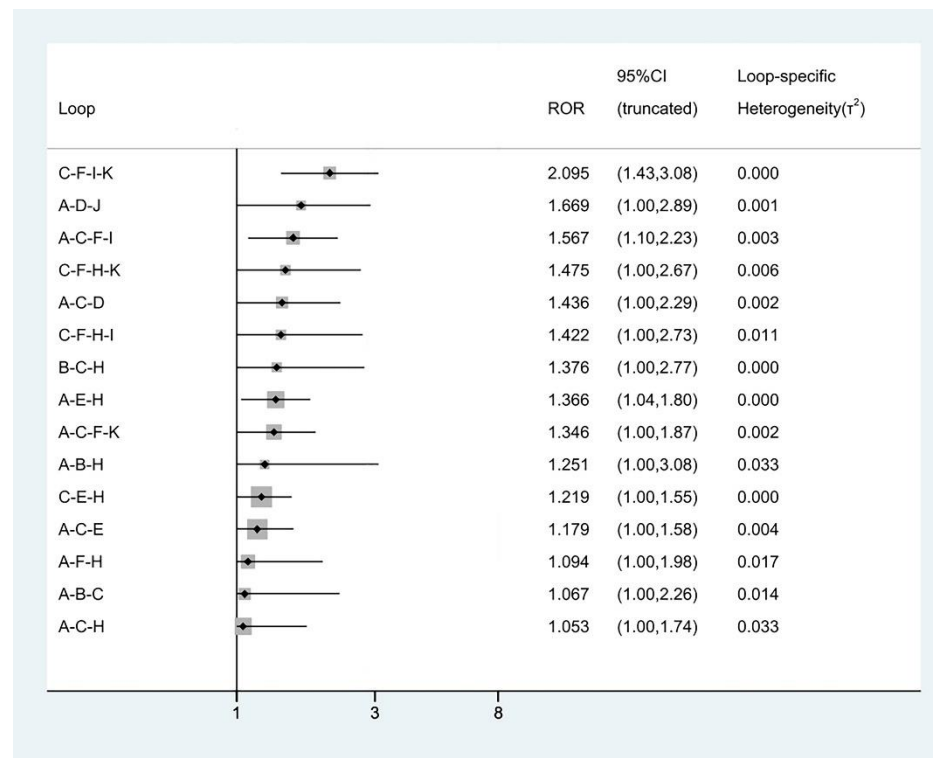


eTable 6A: Inconsistency Test Based on Loop-Specific Approach

| Loop | ROR | z-value | P-value | 95%CI | tau2 |
|---------|-------|---------|---------|-------------|-------|
| C-F-I-K | 2.095 | 3.765 | 0 | (1.43,3.08) | 0 |
| A-D-J | 1.669 | 1.829 | 0.067 | (1.00,2.89) | 0.001 |
| A-C-F-I | 1.567 | 2.488 | 0.013 | (1.10,2.23) | 0.003 |
| C-F-H-K | 1.475 | 1.281 | 0.2 | (1.00,2.67) | 0.006 |
| A-C-D | 1.436 | 1.528 | 0.126 | (1.00,2.29) | 0.002 |
| C-F-H-I | 1.422 | 1.061 | 0.289 | (1.00,2.73) | 0.011 |
| B-C-H | 1.376 | 0.897 | 0.37 | (1.00,2.77) | 0 |
| A-E-H | 1.366 | 2.209 | 0.027 | (1.04,1.80) | 0 |
| A-C-F-K | 1.346 | 1.773 | 0.076 | (1.00,1.87) | 0.002 |
| A-B-H | 1.251 | 0.487 | 0.626 | (1.00,3.08) | 0.033 |
| C-E-H | 1.219 | 1.606 | 0.108 | (1.00,1.55) | 0 |
| A-C-E | 1.179 | 1.107 | 0.268 | (1.00,1.58) | 0.004 |
| A-F-H | 1.094 | 0.297 | 0.766 | (1.00,1.98) | 0.017 |
| A-B-C | 1.067 | 0.17 | 0.865 | (1.00,2.26) | 0.014 |
| A-C-H | 1.053 | 0.203 | 0.839 | (1.00,1.74) | 0.033 |

eTable 6B: Inconsistency Test Based on Loop-Specific Approach

(continued)



eTable 6C: Evaluation of the incoherence by node-splitting model for inconsistency check in the network meta-analysis for relapse at 9-month follow-up timepoint outcomes

| comparison | | Direct | | Indirect | | Difference | | | |
|------------|---|----------|----------|----------|----------|------------|----------|--------------|----------|
| | | Coef. | Std.Err. | Coef. | Std.Err. | Coef. | Std.Err. | P> z | tau |
| A:B | * | 0.09531 | 0.697292 | 0.409253 | 1.10864 | -0.31394 | 1.302734 | 0.81 | 0.421497 |
| A:C | * | 0.231141 | 0.294519 | 0.474729 | 0.525134 | -0.24359 | 0.60308 | 0.686 | 0.432559 |
| A:D | | 0.773981 | 0.298417 | 0.818213 | 1.020586 | -0.04423 | 1.064891 | 0.967 | 0.410468 |
| A:E | | 0.446662 | 0.56566 | -0.94299 | 0.590935 | 1.389653 | 0.808409 | 0.086 | 0.290753 |
| A:F | | 0.587444 | 0.323489 | 0.705193 | 0.56129 | -0.11775 | 0.646516 | 0.855 | 0.427676 |
| A:G | | . | . | . | . | . | . | . | . |
| A:H | * | -0.4488 | 0.290549 | -0.59862 | 0.90026 | 0.149823 | 0.946128 | 0.874 | 0.426492 |
| A:J | | 2.75684 | 1.205432 | 0.533669 | 0.553751 | 2.223171 | 1.326539 | 0.094 | 0.360074 |
| B:C | * | 0.162519 | 0.697879 | -0.04164 | 1.123612 | 0.204157 | 1.316013 | 0.877 | 0.42215 |
| B:H | * | -0.81831 | 0.725354 | -0.23893 | 1.139478 | -0.57938 | 1.376877 | 0.674 | 0.415777 |
| C:D | | -0.82048 | 0.821221 | 0.781152 | 0.389576 | -1.60164 | 0.910648 | 0.079 | 0.356515 |
| C:E | * | -0.63079 | 0.496676 | -0.01445 | 1.071287 | -0.61634 | 1.204344 | 0.609 | 0.410722 |
| C:H | * | -0.83886 | 0.322081 | -0.42206 | 0.635328 | -0.4168 | 0.71453 | 0.56 | 0.408796 |
| C:I | | -1.70687 | 0.480356 | 0.32584 | 0.610492 | -2.03271 | 0.77725 | 0.009 | 0.201564 |
| C:K | | -0.50251 | 0.230514 | -2.25501 | 0.536507 | 1.752503 | 0.587395 | 0.003 | 0.129779 |
| D:J | | -0.14887 | 0.478562 | 2.074009 | 1.237168 | -2.22288 | 1.326502 | 0.094 | 0.360075 |
| E:H | | 0.019442 | 0.653195 | -0.52043 | 0.6824 | 0.539874 | 0.944524 | 0.568 | 0.407851 |
| F:H | | -0.62289 | 0.681577 | -1.23759 | 0.398485 | 0.614699 | 0.789485 | 0.436 | 0.402628 |
| F:I | | -0.25624 | 0.546122 | -2.28891 | 0.553052 | 2.032667 | 0.777249 | 0.009 | 0.201569 |
| F:K | | -2.21535 | 0.450811 | -0.46275 | 0.373812 | -1.75259 | 0.587423 | 0.003 | 0.12981 |

Note

1. A=ADM; B=BA; C=CBT; D=CBT+ADM; E=IPT; F=MBCT; G=MBCT+ADM; H=PLA; I=SUP; J=SUP+ADM; K=TAU

2. Coef. = the standardized mean difference between sides

3. Std. Err. = standard error

4. p-value for the difference between direct and indirect comparisons

* Warning: all the evidence about these contrasts comes from the trials which directly compare them.

eTable 7A: Sensitive analyses: League Table for 3-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

[illegible]

eTable 7B: Sensitive analyses: League Table for 6-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

| | | | | | | | | | | |
|-----------------------|---------------------|---------------------|-------------------|---------------------|-------------------|------------------|-------------------|-------------------|-----|--|
| SUP+ADM | | | | | | | | | | |
| 8.74 (0.79,96.16) | MBCT | | | | | | | | | |
| 10.13 (0.64,160.94) | 1.16 (0.23,5.81) | CBT+ADM | | | | | | | | |
| 11.94 (0.85,168.07) | 1.37 (0.34,5.51) | 1.18 (0.17,8.38) | BA | | | | | | | |
| 11.25 (0.75,167.91) | 1.29 (0.29,5.78) | 1.11 (0.14,8.54) | 0.94 (0.15,6.12) | MBCT+ADM | | | | | | |
| 14.17 (1.03,195.58) | 1.62 (0.42,6.30) | 1.40 (0.20,9.68) | 1.19 (0.34,4.16) | 1.26 (0.20,7.96) | CBT | | | | | |
| 0.84 (0.20,3.46) | 0.96 (0.22,4.20) | 2.62 (0.36,19.38) | 1.32 (0.37,4.67) | 1.11 (0.33,3.76) | 0.57 (0.04,9.36) | ADM | | | | |
| 24.36 (1.65,359.64) | 2.79 (0.63,12.28) | 2.41 (0.32,18.22) | 2.04 (0.51,8.20) | 2.16 (0.31,15.04) | 1.72 (0.94,3.13) | 0.55 (0.31,1.00) | TAU | | | |
| 37.80 (2.65,538.73) | 4.32 (1.05,17.86) | 3.73 (0.52,26.97) | 3.17 (0.85,11.87) | 3.36 (0.51,22.21) | 2.67 (0.74,9.59) | 0.78 (0.16,3.85) | 1.55 (0.38,6.38) | PLA | | |
| 113.38 (5.06,2540.60) | 12.97 (1.51,111.30) | 11.20 (0.87,143.91) | 9.50 (1.18,76.54) | 10.08 (0.84,120.97) | 8.00 (1.51,42.38) | 0.64 (0.14,2.88) | 4.66 (0.79,27.39) | 3.00 (0.37,24.55) | SUP | |

eTable 7C: Sensitive analyses: League Table for 9-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

| | | | | | | | | | | | | |
|---------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-------------------|------------------|-----|--|--|
| SUP+ADM | | | | | | | | | | | | |
| 8.74 (0.89,85.75) | MBCT | | | | | | | | | | | |
| 7.80 (0.56,108.99) | 0.89 (0.22,3.67) | CBT+ADM | | | | | | | | | | |
| 12.17 (1.00,147.81) | 1.39 (0.45,4.32) | 1.56 (0.27,8.89) | CBT | | | | | | | | | |
| 12.60 (1.03,153.67) | 1.44 (0.46,4.51) | 1.62 (0.28,9.25) | 1.04 (0.23,4.75) | MBCT+ADM | | | | | | | | |
| 14.32 (1.17,175.09) | 1.64 (0.52,5.16) | 1.84 (0.32,10.56) | 1.18 (0.40,3.50) | 1.14 (0.24,5.28) | BA | | | | | | | |
| 1.05 (0.33,3.32) | 1.29 (0.44,3.78) | 3.73 (0.60,23.19) | 0.11 (0.01,0.84) | 1.12 (0.27,4.70) | 1.10 (0.37,3.27) | ADM | | | | | | |
| 20.20 (1.61,253.75) | 2.31 (0.69,7.71) | 2.59 (0.43,15.48) | 1.66 (1.10,2.51) | 1.60 (0.33,7.77) | 1.41 (0.44,4.52) | 0.56 (0.39,0.80) | TAU | | | | | |
| 28.32 (1.83,439.38) | 3.24 (0.65,16.06) | 3.63 (0.46,28.94) | 2.33 (0.75,7.22) | 2.25 (0.34,15.01) | 1.98 (0.41,9.52) | 1.28 (0.37,4.40) | 1.40 (0.42,4.68) | IPT | | | | |
| 32.45 (2.58,407.80) | 3.71 (1.11,12.39) | 4.16 (0.70,24.87) | 2.67 (0.84,8.42) | 2.58 (0.53,12.49) | 2.27 (0.71,7.27) | 0.49 (0.13,1.95) | 1.61 (0.47,5.45) | 1.15 (0.23,5.76) | PLA | | | |
| 66.90 (4.71,950.44) | 7.65 (1.80,32.47) | 8.58 (1.21,60.77) | 5.50 (2.24,13.50) | 5.31 (0.91,31.15) | 4.67 (1.14,19.18) | 1.80 (0.38,8.56) | 3.31 (1.23,8.90) | 2.36 (0.56,10.03) | 2.06 (0.48,8.87) | SUP | | |

eTable 7D: Sensitive analyses: League Table for 12-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

| | | | | | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|-------------------|------------------|------------------|------------------|-----|--|--|
| CBT+ADM | | | | | | | | | | | | |
| 1.15 (0.63,2.09) | SUP+ADM | | | | | | | | | | | |
| 1.59 (0.27,9.25) | 1.38 (0.21,8.88) | CBT | | | | | | | | | | |
| 1.78 (0.42,7.59) | 1.55 (0.32,7.43) | 1.12 (0.37,3.43) | MBCT | | | | | | | | | |
| 2.06 (0.37,11.53) | 1.79 (0.29,11.09) | 1.30 (0.30,5.55) | 1.16 (0.41,3.30) | MBCT+ADM | | | | | | | | |
| 2.48 (0.41,15.10) | 2.16 (0.32,14.46) | 1.56 (1.06,2.31) | 1.39 (0.43,4.54) | 1.20 (0.27,5.41) | TAU | | | | | | | |
| 2.54 (0.44,14.80) | 2.21 (0.34,14.21) | 1.60 (0.55,4.68) | 1.42 (0.47,4.35) | 1.23 (0.29,5.26) | 1.02 (0.33,3.21) | BA | | | | | | |
| 4.76 (0.74,30.59) | 0.88 (0.29,2.73) | 0.12 (0.02,0.73) | 1.73 (0.60,5.01) | 0.78 (0.18,3.35) | 1.54 (1.09,2.18) | 1.08 (0.37,3.13) | ADM | | | | | |
| 3.72 (0.53,26.13) | 3.23 (0.42,24.85) | 2.34 (1.02,5.39) | 2.09 (0.52,8.39) | 1.80 (0.34,9.61) | 1.50 (0.60,3.76) | 1.46 (0.38,5.70) | 1.19 (0.35,3.98) | IPT | | | | |
| 4.23 (0.69,25.88) | 3.68 (0.55,24.78) | 2.67 (0.84,8.42) | 2.37 (0.72,7.80) | 2.05 (0.45,9.28) | 1.71 (0.51,5.75) | 1.67 (0.53,5.27) | 0.36 (0.09,1.49) | 1.14 (0.28,4.71) | PLA | | | |
| 7.14 (1.03,49.48) | 6.21 (0.82,47.10) | 4.50 (2.03,10.00) | 4.01 (1.02,15.80) | 3.46 (0.66,18.16) | 2.88 (1.18,7.00) | 2.81 (0.74,10.72) | 1.35 (0.35,5.21) | 1.92 (0.61,6.09) | 1.69 (0.42,6.85) | SUP | | |

eTable 7E: Sensitive analyses: League Table for 15-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

| | | | | | | | | | | | | |
|-------------------|-------------------|-------------------|------------------|-------------------|------------------|------------------|------------------|------------------|------------------|-----|--|--|
| CBT | | | | | | | | | | | | |
| 1.20 (0.42,3.44) | BA | | | | | | | | | | | |
| 1.54 (1.05,2.26) | 1.28 (0.42,3.94) | TAU | | | | | | | | | | |
| 1.98 (0.62,6.33) | 1.65 (0.51,5.37) | 1.29 (0.38,4.37) | CBT+ADM | | | | | | | | | |
| 2.06 (0.93,4.56) | 1.71 (0.46,6.42) | 1.33 (0.55,3.23) | 1.04 (0.25,4.24) | IPT | | | | | | | | |
| 2.27 (0.62,8.33) | 1.89 (0.51,7.06) | 1.47 (0.38,5.71) | 1.14 (0.64,2.06) | 1.10 (0.24,5.07) | SUP+ADM | | | | | | | |
| 2.52 (0.80,7.96) | 2.10 (0.65,6.76) | 1.64 (0.49,5.50) | 1.27 (0.77,2.12) | 1.23 (0.30,4.97) | 1.11 (0.51,2.42) | MBCT | | | | | | |
| 3.25 (0.75,14.04) | 2.71 (0.62,11.87) | 2.11 (0.46,9.57) | 1.64 (0.58,4.63) | 1.58 (0.30,8.36) | 1.43 (0.43,4.73) | 1.29 (0.46,3.59) | MBCT+ADM | | | | | |
| 3.81 (1.86,7.80) | 3.18 (0.89,11.36) | 2.47 (1.10,5.57) | 1.92 (0.49,7.53) | 1.85 (0.64,5.41) | 1.68 (0.38,7.43) | 1.51 (0.39,5.86) | 1.17 (0.23,5.99) | SUP | | | | |
| 0.12 (0.02,0.64) | 3.12 (1.02,9.55) | 0.67 (0.19,2.35) | 0.38 (0.10,1.37) | 3.75 (1.25,11.24) | 1.15 (0.44,3.04) | 1.89 (1.30,2.76) | 1.82 (0.47,7.08) | 1.49 (1.06,2.09) | ADM | | | |
| 4.37 (1.21,15.84) | 3.64 (0.99,13.42) | 2.83 (0.74,10.86) | 2.21 (1.02,4.77) | 2.13 (0.47,9.66) | 1.93 (0.73,5.08) | 1.73 (0.81,3.68) | 1.34 (0.41,4.37) | 1.15 (0.26,5.00) | 1.09 (0.35,3.36) | PLA | | |

eTable 7F: Sensitive analyses: League Table for 18-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

| | | | | | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|------------------|------------------|------------------|------------------|------------------|-----|--|--|--|
| CBT | | | | | | | | | | | | |
| 1.21 (0.43,3.45) | BA | | | | | | | | | | | |
| 1.45 (0.99,2.12) | 1.20 (0.39,3.64) | TAU | | | | | | | | | | |
| 1.84 (0.85,3.97) | 1.52 (0.41,5.55) | 1.27 (0.54,2.99) | IPT | | | | | | | | | |
| 2.24 (0.69,7.27) | 1.85 (0.56,6.11) | 1.54 (0.45,5.31) | 1.22 (0.30,4.96) | CBT+ADM | | | | | | | | |
| 2.45 (0.66,9.11) | 2.02 (0.53,7.65) | 1.69 (0.43,6.62) | 1.33 (0.29,6.09) | 1.09 (0.61,1.96) | SUP+ADM | | | | | | | |
| 2.95 (0.90,9.63) | 2.43 (0.73,8.09) | 2.03 (0.59,7.03) | 1.60 (0.39,6.56) | 1.32 (0.78,2.23) | 1.20 (0.55,2.64) | MBCT | | | | | | |
| 3.59 (1.78,7.27) | 2.96 (0.84,10.43) | 2.47 (1.11,5.50) | 1.95 (0.69,5.53) | 1.60 (0.41,6.31) | 1.47 (0.33,6.51) | 1.22 (0.31,4.83) | SUP | | | | | |
| 4.11 (1.12,15.13) | 3.39 (0.90,12.70) | 2.83 (0.73,10.99) | 2.23 (0.49,10.13) | 1.83 (0.86,3.92) | 1.68 (0.64,4.37) | 1.39 (0.65,3.01) | 1.14 (0.26,5.03) | PLA | | | | |
| 0.13 (0.03,0.69) | 3.23 (1.03,10.11) | 0.52 (0.15,1.84) | 3.92 (1.28,12.01) | 0.30 (0.08,1.09) | 1.33 (0.91,1.95) | 1.75 (1.22,2.51) | 1.03 (0.33,3.21) | 2.13 (0.55,8.28) | ADM | | | |

eTable 7G: Sensitive analyses: League Table for 21-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

| | | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-------------------|-----|--|
| CBT | | | | | | | | | |
| 1.43 (0.98,2.08) | TAU | | | | | | | | |
| 1.55 (0.74,3.25) | 1.09 (0.47,2.50) | IPT | | | | | | | |
| 1.63 (0.57,4.66) | 1.15 (0.38,3.49) | 1.05 (0.29,3.80) | BA | | | | | | |
| 3.07 (1.53,6.14) | 2.15 (0.98,4.74) | 1.98 (0.72,5.45) | 1.88 (0.53,6.60) | SUP | | | | | |
| 4.73 (1.25,17.87) | 3.31 (0.83,13.21) | 3.05 (0.67,13.95) | 2.89 (0.75,11.16) | 1.54 (0.34,6.91) | CBT+ADM | | | | |
| 6.01 (1.58,22.90) | 4.22 (1.05,16.92) | 3.88 (0.84,17.86) | 3.68 (0.95,14.30) | 1.96 (0.43,8.84) | 1.27 (0.75,2.15) | MBCT | | | |
| 7.32 (1.72,31.04) | 5.13 (1.15,22.84) | 4.72 (0.93,23.91) | 4.48 (1.04,19.36) | 2.38 (0.48,11.85) | 1.55 (0.73,3.30) | 1.22 (0.56,2.63) | PLA | | |
| 0.08 (0.01,0.48) | 1.07 (0.55,2.09) | 7.84 (2.18,28.22) | 4.80 (1.30,17.64) | 1.30 (0.89,1.91) | 0.10 (0.02,0.41) | 1.66 (1.16,2.37) | 5.05 (1.15,22.18) | ADM | |

eTable 7H: Sensitive analyses: League Table for 24-month follow-up timepoint when limit to studies reporting the narrowly defined diagnosis

| | | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|-----|--|
| CBT | | | | | | | | | |
| 1.34 (0.74,2.44) | TAU | | | | | | | | |
| 1.43 (0.42,4.86) | 1.06 (0.27,4.15) | BA | | | | | | | |
| 1.43 (0.55,3.77) | 1.07 (0.34,3.32) | 1.00 (0.21,4.78) | IPT | | | | | | |
| 3.79 (0.83,17.29) | 2.82 (0.55,14.39) | 2.65 (0.57,12.35) | 2.64 (0.44,15.97) | CBT+ADM | | | | | |
| 3.20 (1.33,7.71) | 2.38 (0.83,6.84) | 2.24 (0.50,10.12) | 2.23 (0.60,8.24) | 0.84 (0.15,4.88) | SUP | | | | |
| 5.57 (1.11,27.90) | 4.14 (0.74,23.08) | 3.90 (0.76,19.92) | 3.88 (0.59,25.43) | 1.47 (0.60,3.63) | 1.74 (0.28,10.91) | MBCT | | | |
| 0.13 (0.02,0.71) | 0.42 (0.05,3.60) | 4.80 (1.12,20.48) | 1.81 (1.09,3.01) | 6.85 (1.64,28.61) | 0.70 (0.28,1.74) | 4.78 (0.85,26.83) | ADM | | |
| 9.84 (1.80,53.64) | 7.31 (1.21,44.15) | 6.89 (1.24,38.26) | 6.86 (0.97,48.32) | 2.60 (0.91,7.39) | 3.07 (0.45,20.77) | 1.77 (0.54,5.74) | 0.81 (0.39,1.71) | PLA | |

eTable 8A: Sensitive analyses: League Table for 3-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | | |
|-----------------------|---------------------|---------------------|------------------|-------------------|-------------------|-------------------|-----|
| SUP+ADM | | | | | | | |
| 8.33 (0.39,176.93) | CBT+ADM | | | | | | |
| 8.61 (0.41,183.03) | 1.03 (0.49,2.16) | MBCT | | | | | |
| 0.21 (0.07,0.68) | 1.83 (1.09,3.09) | 0.51 (0.13,2.05) | ADM | | | | |
| 36.56 (1.42,941.23) | 4.39 (1.17,16.51) | 4.24 (1.13,15.97) | 2.40 (0.71,8.10) | CBT | | | |
| 72.61 (2.87,1837.35) | 8.72 (2.42,31.41) | 8.43 (2.34,30.39) | 0.56 (0.33,0.95) | 1.99 (0.79,4.97) | PLA | | |
| 82.77 (3.07,2229.67) | 9.94 (2.37,41.62) | 9.61 (2.29,40.26) | 0.04 (0.00,0.54) | 2.26 (1.31,3.90) | 1.14 (0.39,3.31) | TAU | |
| 199.39 (5.34,7451.40) | 23.94 (3.00,191.11) | 23.15 (2.90,184.82) | 0.33 (0.06,1.76) | 5.45 (1.10,27.01) | 2.75 (0.43,17.36) | 2.41 (0.44,13.05) | SUP |

eTable 8B: Sensitive analyses: League Table for 6-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | | |
|------------------------|---------------------|---------------------|------------------|-------------------|-------------------|-------------------|-----|
| SUP+ADM | | | | | | | |
| 8.22 (0.81,83.15) | CBT+ADM | | | | | | |
| 8.46 (0.83,85.89) | 1.03 (0.51,2.07) | MBCT | | | | | |
| 0.35 (0.14,0.83) | 1.92 (1.21,3.03) | 0.81 (0.23,2.91) | ADM | | | | |
| 25.29 (2.21,289.83) | 3.08 (1.12,8.43) | 2.99 (1.08,8.27) | 1.61 (0.65,3.94) | CBT | | | |
| 43.47 (3.62,522.21) | 5.29 (1.73,16.16) | 5.14 (1.67,15.84) | 0.05 (0.01,0.44) | 1.72 (1.06,2.78) | TAU | | |
| 45.48 (3.99,518.01) | 5.53 (2.05,14.93) | 5.38 (1.98,14.64) | 0.54 (0.33,0.87) | 1.80 (0.80,4.03) | 1.05 (0.41,2.68) | PLA | |
| 202.26 (11.01,3716.46) | 24.61 (3.75,161.53) | 23.91 (3.63,157.75) | 0.42 (0.10,1.69) | 8.00 (1.63,39.19) | 4.65 (0.88,24.48) | 4.45 (0.75,26.41) | SUP |

eTable 8C: Sensitive analyses: League Table for 9-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | | |
|----------------------|--------------------|-------------------|-------------------|------------------|------------------|------------------|-----|
| SUP+ADM | | | | | | | |
| 6.97 (0.70,69.32) | CBT+ADM | | | | | | |
| 8.74 (0.89,85.75) | 1.25 (0.71,2.21) | MBCT | | | | | |
| 15.75 (1.45,170.50) | 2.26 (0.93,5.46) | 1.80 (0.77,4.21) | CBT | | | | |
| 0.46 (0.22,0.96) | 2.26 (1.46,3.50) | 1.05 (0.33,3.32) | 1.00 (0.46,2.16) | ADM | | | |
| 26.14 (2.33,293.17) | 3.75 (1.41,9.94) | 2.99 (1.16,7.68) | 1.66 (1.10,2.51) | 0.13 (0.03,0.64) | TAU | | |
| 34.45 (3.21,369.51) | 4.94 (2.09,11.65) | 3.94 (1.73,8.96) | 2.19 (1.05,4.58) | 0.56 (0.39,0.80) | 1.32 (0.57,3.07) | PLA | |
| 86.57 (6.79,1104.14) | 12.42 (3.52,43.78) | 9.90 (2.88,34.08) | 5.50 (2.24,13.50) | 0.46 (0.13,1.62) | 3.31 (1.23,8.90) | 2.51 (0.79,8.04) | SUP |

eTable 8D: Sensitive analyses: League Table for 12-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | | |
| 1.15 (0.63,2.09) | SUP+ADM | | | | | | |
| 1.36 (0.60,3.06) | 1.18 (0.43,3.24) | CBT | | | | | |
| 1.38 (0.82,2.34) | 1.20 (0.54,2.66) | 1.02 (0.46,2.24) | MBCT | | | | |
| 2.12 (0.86,5.23) | 1.85 (0.63,5.45) | 1.56 (1.06,2.31) | 1.54 (0.64,3.70) | TAU | | | |
| 2.13 (1.43,3.17) | 0.77 (0.39,1.54) | 1.57 (0.77,3.19) | 0.88 (0.29,2.73) | 3.48 (0.79,15.25) | ADM | | |
| 2.75 (1.24,6.09) | 2.40 (0.89,6.47) | 2.03 (0.98,4.21) | 1.99 (0.92,4.30) | 1.30 (0.57,2.97) | 0.65 (0.46,0.91) | PLA | |
| 6.11 (1.96,19.10) | 5.32 (1.47,19.25) | 4.50 (2.03,10.00) | 4.42 (1.44,13.57) | 2.88 (1.18,7.00) | 0.77 (0.22,2.67) | 2.22 (0.75,6.54) | SUP |

eTable 8E: Sensitive analyses: League Table for 15-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | | |
|-------------------|-------------------|-------------------|------------------|------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | | |
| 1.14 (0.64,2.06) | SUP+ADM | | | | | | |
| 1.27 (0.77,2.12) | 1.11 (0.51,2.42) | MBCT | | | | | |
| 1.34 (0.62,2.88) | 1.17 (0.44,3.07) | 1.05 (0.49,2.23) | CBT | | | | |
| 1.89 (1.30,2.76) | 0.86 (0.44,1.68) | 0.92 (0.30,2.83) | 1.42 (0.72,2.77) | ADM | | | |
| 2.06 (0.87,4.86) | 1.80 (0.64,5.10) | 1.62 (0.70,3.76) | 1.54 (1.05,2.26) | 0.31 (0.08,1.27) | TAU | | |
| 2.21 (1.02,4.77) | 1.93 (0.73,5.08) | 1.73 (0.81,3.68) | 1.65 (0.82,3.32) | 0.67 (0.48,0.95) | 1.07 (0.48,2.37) | PLA | |
| 5.09 (1.78,14.57) | 4.45 (1.34,14.84) | 4.00 (1.42,11.30) | 3.81 (1.86,7.80) | 1.48 (0.43,5.15) | 2.47 (1.10,5.57) | 2.31 (0.85,6.28) | SUP |

eTable 8F: Sensitive analyses: League Table for 18-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | | |
|-------------------|-------------------|-------------------|------------------|------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | | |
| 1.09 (0.61,1.96) | SUP+ADM | | | | | | |
| 1.32 (0.78,2.23) | 1.20 (0.55,2.64) | MBCT | | | | | |
| 1.49 (0.71,3.11) | 1.36 (0.53,3.49) | 1.13 (0.54,2.39) | CBT | | | | |
| 1.83 (0.86,3.92) | 1.68 (0.64,4.37) | 1.39 (0.65,3.01) | 1.23 (0.63,2.42) | PLA | | | |
| 1.75 (1.22,2.51) | 0.95 (0.49,1.86) | 1.03 (0.33,3.21) | 1.17 (0.62,2.23) | 1.33 (0.91,1.95) | ADM | | |
| 2.16 (0.95,4.95) | 1.98 (0.72,5.46) | 1.65 (0.71,3.80) | 1.45 (0.99,2.12) | 1.18 (0.54,2.56) | 0.31 (0.08,1.23) | TAU | |
| 5.35 (1.93,14.83) | 4.90 (1.51,15.85) | 4.07 (1.46,11.36) | 3.59 (1.78,7.27) | 2.92 (1.10,7.75) | 1.91 (0.54,6.68) | 2.47 (1.11,5.50) | SUP |

eTable 8G: Sensitive analyses: League Table for 21-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | |
|-------------------|-------------------|-------------------|------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | |
| 1.27 (0.75,2.15) | MBCT | | | | | |
| 1.55 (0.73,3.30) | 1.22 (0.56,2.63) | PLA | | | | |
| 1.66 (1.16,2.37) | 1.30 (0.89,1.91) | 1.07 (0.55,2.09) | ADM | | | |
| 2.12 (1.04,4.34) | 1.67 (0.81,3.45) | 1.37 (0.71,2.66) | 1.28 (0.69,2.38) | CBT | | |
| 3.03 (1.35,6.80) | 2.38 (1.05,5.40) | 1.96 (0.91,4.19) | 3.93 (1.55,9.95) | 1.43 (0.98,2.08) | TAU | |
| 6.52 (2.41,17.64) | 5.12 (1.88,13.99) | 4.21 (1.62,10.97) | 0.26 (0.07,1.01) | 3.07 (1.53,6.14) | 2.15 (0.98,4.74) | SUP |

eTable 8H: Sensitive analyses: League Table for 24-month follow-up timepoint when limit to studies reporting the narrowly defined relapse

| | | | | | | |
|-------------------|-------------------|-------------------|------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | |
| 1.47 (0.60,3.63) | MBCT | | | | | |
| 1.81 (1.09,3.01) | 1.23 (0.58,2.59) | ADM | | | | |
| 2.00 (0.71,5.60) | 1.36 (0.43,4.36) | 1.11 (0.45,2.70) | CBT | | | |
| 2.60 (0.91,7.39) | 1.77 (0.54,5.74) | 1.44 (0.58,3.58) | 1.30 (0.52,3.22) | PLA | | |
| 2.69 (0.82,8.83) | 1.83 (0.50,6.76) | 3.54 (1.01,12.39) | 1.34 (0.74,2.44) | 1.04 (0.35,3.07) | TAU | |
| 6.40 (1.66,24.75) | 4.36 (1.01,18.72) | 0.31 (0.05,1.92) | 3.20 (1.33,7.70) | 2.46 (0.70,8.73) | 2.38 (0.83,6.84) | SUP |

eTable 9A: Sensitive analyses: League Table for 3-month follow-up timepoint when limit to studies in which the population was in remission at the time of grouping

| | | | | | | | | |
|------------------------|----------------------|----------------------|----------------------|----------------------|-------------------|-------------------|-------------------|-----|
| SUP+ADM | | | | | | | | |
| 8.61 (0.41,183.03) | MBCT | | | | | | | |
| 9.79 (0.46,208.95) | 1.14 (0.53,2.42) | CBT+ADM | | | | | | |
| 9.16 (0.27,309.95) | 1.06 (0.16,7.11) | 0.94 (0.14,6.30) | PLA | | | | | |
| 14.21 (0.46,438.78) | 1.65 (0.29,9.25) | 1.45 (0.26,8.20) | 1.55 (0.25,9.63) | IPT | | | | |
| 1.77 (1.05,2.99) | 1.56 (0.90,2.70) | 36.50 (1.07,1241.48) | 1.07 (0.21,5.55) | 0.11 (0.00,2.67) | ADM | | | |
| 145.05 (1.75,12037.42) | 16.84 (0.64,445.57) | 14.82 (0.56,393.68) | 15.84 (0.39,649.76) | 10.21 (0.27,383.87) | 0.03 (0.00,1.72) | CBT | | |
| 328.40 (3.83,28177.30) | 38.12 (1.38,1055.05) | 33.54 (1.21,932.13) | 35.86 (0.84,1530.51) | 23.11 (0.59,905.07) | 2.12 (0.26,17.39) | 2.26 (1.31,3.90) | TAU | |
| 791.01 (7.20,86910.73) | 91.83 (2.40,3516.75) | 80.79 (2.10,3105.87) | 86.39 (1.51,4927.85) | 55.67 (1.06,2932.52) | 1.95 (0.49,7.79) | 5.45 (1.10,27.01) | 2.41 (0.44,13.05) | SUP |

eTable 9B: Sensitive analyses: League Table for 6-month follow-up timepoint when limit to studies in which the population was in remission at the time of grouping

| | | | | | | | | |
|-----------------------|---------------------|---------------------|---------------------|---------------------|-------------------|-------------------|-------------------|-----|
| SUP+ADM | | | | | | | | |
| 8.34 (0.84,82.49) | MBCT | | | | | | | |
| 9.50 (0.95,94.68) | 1.14 (0.62,2.09) | CBT+ADM | | | | | | |
| 9.87 (0.76,127.44) | 1.18 (0.33,4.24) | 1.04 (0.29,3.77) | PLA | | | | | |
| 14.58 (1.18,180.49) | 1.75 (0.53,5.74) | 1.53 (0.46,5.11) | 1.48 (0.44,4.94) | IPT | | | | |
| 24.68 (0.89,687.69) | 2.96 (0.25,35.35) | 2.60 (0.22,31.27) | 2.50 (0.16,38.32) | 1.69 (0.11,24.92) | CBT | | | |
| 1.89 (1.26,2.84) | 1.66 (1.06,2.60) | 4.50 (0.30,68.28) | 1.08 (0.35,3.30) | 0.64 (0.06,7.37) | 2.37 (0.15,36.32) | ADM | | |
| 42.43 (1.48,1218.42) | 5.09 (0.41,63.27) | 4.47 (0.36,55.95) | 4.30 (0.27,68.33) | 2.91 (0.19,44.46) | 1.72 (1.10,2.69) | 4.45 (0.94,21.12) | TAU | |
| 197.40 (4.98,7818.95) | 23.66 (1.26,445.66) | 20.78 (1.10,393.70) | 20.00 (0.86,466.09) | 13.54 (0.60,304.72) | 8.00 (1.66,38.45) | 1.25 (0.37,4.29) | 4.65 (0.91,23.81) | SUP |

eTable 9C: Sensitive analyses: League Table for 9-month follow-up timepoint when limit to studies in which the population was in remission at the time of grouping

| | | | | | | | | |
|-------------------------|------------------------|-----------------------|----------------------|---------------------|-------------------|-------------------|-------------------|-----|
| SUP+ADM | | | | | | | | |
| 7.38 (0.73,74.31) | CBT+ADM | | | | | | | |
| 8.74 (0.89,85.75) | 1.18 (0.64,2.19) | MBCT | | | | | | |
| 10.03 (0.87,115.90) | 1.36 (0.46,3.98) | 1.15 (0.41,3.17) | PLA | | | | | |
| 10.22 (0.88,118.16) | 1.39 (0.47,4.06) | 1.17 (0.42,3.24) | 1.02 (0.37,2.77) | IPT | | | | |
| 1.80 (1.26,2.58) | 7.56 (0.97,58.94) | 2.13 (1.29,3.52) | 1.54 (0.59,3.99) | 0.14 (0.02,0.81) | ADM | | | |
| 114.25 (6.50,2009.53) | 15.48 (2.46,97.52) | 13.07 (2.14,79.67) | 11.39 (1.53,85.06) | 11.18 (1.50,83.49) | 0.06 (0.01,0.46) | CBT | | |
| 189.61 (10.47,3434.86) | 25.69 (3.90,169.40) | 21.69 (3.40,138.50) | 18.90 (2.43,147.20) | 18.55 (2.38,144.47) | 5.03 (1.27,19.92) | 1.66 (1.10,2.51) | TAU | |
| 913.81 (38.76,21545.75) | 123.82 (12.79,1198.68) | 104.54 (11.09,985.44) | 91.11 (8.18,1014.53) | 89.39 (8.03,995.68) | 0.95 (0.30,3.02) | 8.00 (2.12,30.22) | 4.82 (1.20,19.38) | SUP |

eTable 9D: Sensitive analyses: League Table for 12-month follow-up timepoint when limit to studies in which the population was in remission at the time of grouping

| | | | | | | | | |
|----------------------|---------------------|---------------------|---------------------|---------------------|-------------------|-------------------|-------------------|-----|
| CBT+ADM | | | | | | | | |
| 1.15 (0.63,2.09) | SUP+ADM | | | | | | | |
| 1.42 (0.81,2.50) | 1.24 (0.54,2.82) | MBCT | | | | | | |
| 1.68 (0.66,4.26) | 1.46 (0.48,4.42) | 1.18 (0.49,2.86) | IPT | | | | | |
| 1.95 (0.78,4.87) | 1.70 (0.57,5.06) | 1.37 (0.58,3.26) | 1.16 (0.52,2.60) | PLA | | | | |
| 5.53 (0.98,31.30) | 1.54 (1.09,2.18) | 2.19 (1.40,3.44) | 0.22 (0.05,0.88) | 1.30 (0.58,2.94) | ADM | | | |
| 10.20 (2.31,44.97) | 8.87 (1.79,43.92) | 7.17 (1.67,30.73) | 6.06 (1.19,30.96) | 5.23 (1.03,26.49) | 0.07 (0.01,0.38) | CBT | | |
| 15.95 (3.44,73.96) | 13.87 (2.67,71.98) | 11.22 (2.49,50.59) | 9.48 (1.77,50.70) | 8.18 (1.54,43.39) | 5.96 (1.62,21.97) | 1.56 (1.06,2.31) | TAU | |
| 72.65 (10.79,489.09) | 63.18 (8.56,466.17) | 51.10 (7.76,336.41) | 43.17 (5.71,326.60) | 37.26 (4.96,279.95) | 1.13 (0.37,3.49) | 7.12 (2.15,23.60) | 4.56 (1.29,16.06) | SUP |

eTable 9E: Sensitive analyses: League Table for 15-month follow-up timepoint when limit to studies in which the population was in remission at the time of grouping

| | | | | | | | | | |
|---------------------|---------------------|---------------------|---------------------|---------------------|------------------|-------------------|-------------------|-----|--|
| CBT+ADM | | | | | | | | | |
| 1.14 (0.64,2.06) | SUP+ADM | | | | | | | | |
| 1.30 (0.75,2.24) | 1.14 (0.51,2.53) | MBCT | | | | | | | |
| 1.49 (0.61,3.64) | 1.30 (0.45,3.80) | 1.15 (0.49,2.70) | IPT | | | | | | |
| 1.58 (0.65,3.83) | 1.38 (0.48,4.00) | 1.22 (0.52,2.84) | 1.06 (0.48,2.32) | PLA | | | | | |
| 0.46 (0.13,1.57) | 0.47 (0.13,1.75) | 1.29 (0.59,2.84) | 1.93 (1.26,2.95) | 0.92 (0.30,2.83) | ADM | | | | |
| 4.22 (1.14,15.57) | 3.69 (0.88,15.44) | 3.25 (0.90,11.69) | 2.83 (0.66,12.22) | 2.67 (0.62,11.49) | 0.21 (0.05,0.94) | CBT | | | |
| 6.51 (1.67,25.36) | 5.69 (1.29,25.02) | 5.01 (1.32,19.05) | 4.36 (0.96,19.78) | 4.12 (0.91,18.61) | 0.82 (0.38,1.78) | 1.54 (1.05,2.26) | TAU | | |
| 34.36 (6.18,190.95) | 30.03 (4.90,184.04) | 26.45 (4.85,144.22) | 23.03 (3.67,144.71) | 21.75 (3.47,136.20) | 0.67 (0.48,0.95) | 8.14 (2.67,24.77) | 5.28 (1.63,17.13) | SUP | |

eTable 9F: Sensitive analyses: League Table for 18-month follow-up timepoint when limit to studies in which the population was in remission at the time of grouping

| | | | | | | | | | |
|---------------------|---------------------|---------------------|---------------------|---------------------|------------------|--------------------|-------------------|-----|--|
| CBT+ADM | | | | | | | | | |
| 1.09 (0.61,1.96) | SUP+ADM | | | | | | | | |
| 1.20 (0.51,2.82) | 1.10 (0.39,3.09) | PLA | | | | | | | |
| 1.23 (0.52,2.89) | 1.13 (0.40,3.17) | 1.02 (0.48,2.18) | IPT | | | | | | |
| 1.38 (0.79,2.41) | 1.26 (0.56,2.84) | 1.15 (0.50,2.66) | 1.12 (0.48,2.60) | MBCT | | | | | |
| 0.52 (0.16,1.76) | 0.33 (0.09,1.20) | 1.03 (0.33,3.21) | 1.84 (1.22,2.76) | 1.49 (0.70,3.16) | ADM | | | | |
| 3.51 (0.98,12.62) | 3.21 (0.79,13.11) | 2.92 (0.70,12.15) | 2.85 (0.69,11.87) | 2.54 (0.71,9.07) | 0.40 (0.10,1.65) | CBT | | | |
| 5.10 (1.34,19.37) | 4.67 (1.09,20.03) | 4.24 (0.97,18.54) | 4.14 (0.95,18.11) | 3.69 (0.98,13.92) | 0.65 (0.31,1.38) | 1.45 (0.99,2.12) | TAU | | |
| 38.22 (6.99,209.07) | 34.97 (5.80,210.92) | 31.79 (5.19,194.55) | 31.03 (5.07,190.03) | 27.68 (5.09,150.53) | 0.75 (0.51,1.10) | 10.88 (3.55,33.31) | 7.49 (2.30,24.41) | SUP | |

eTable 10A: Sensitive analyses: League Table for 3-month follow-up timepoint when limit to studies in which population was not the first episode of depression

| | | | | | | | | |
|---------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-----|--|
| MBCT+ADM | | | | | | | | |
| 3.01 (0.31,29.00) | MBCT | | | | | | | |
| 3.79 (0.39,37.16) | 1.26 (0.57,2.78) | CBT+ADM | | | | | | |
| 4.79 (0.43,53.43) | 1.59 (0.52,4.83) | 1.26 (0.58,2.75) | SUP+ADM | | | | | |
| 1.77 (1.05,2.99) | 0.51 (0.13,2.05) | 1.41 (0.78,2.56) | 3.03 (0.57,16.12) | ADM | | | | |
| 12.78 (1.03,158.53) | 4.24 (1.13,15.97) | 3.37 (0.87,13.10) | 2.67 (0.56,12.74) | 2.40 (0.71,8.10) | CBT | | | |
| 25.38 (2.09,307.88) | 8.43 (2.34,30.39) | 6.70 (1.80,24.94) | 5.30 (1.15,24.39) | 0.19 (0.02,1.70) | 1.99 (0.79,4.97) | PLA | | |
| 28.93 (2.20,380.39) | 9.61 (2.29,40.26) | 7.64 (1.77,32.93) | 6.04 (1.15,31.62) | 4.76 (1.48,15.35) | 2.26 (1.31,3.90) | 1.14 (0.39,3.31) | TAU | |

eTable 10B: Sensitive analyses: League Table for 6-month follow-up timepoint when limit to studies in which population was not the first episode of depression

| | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|------------------|------------------|------------------|-----|--|
| MBCT | | | | | | | | |
| 1.29 (0.67,2.45) | CBT+ADM | | | | | | | |
| 1.35 (0.36,5.08) | 1.05 (0.27,4.07) | MBCT+ADM | | | | | | |
| 1.60 (0.64,3.98) | 1.24 (0.65,2.37) | 1.18 (0.26,5.32) | SUP+ADM | | | | | |
| 0.80 (0.23,2.73) | 1.47 (0.89,2.42) | 1.89 (1.26,2.84) | 2.41 (0.62,9.36) | ADM | | | | |
| 3.03 (1.17,7.87) | 2.36 (0.87,6.39) | 2.25 (0.49,10.36) | 1.90 (0.58,6.23) | 1.61 (0.68,3.81) | CBT | | | |
| 5.21 (1.81,14.96) | 4.05 (1.36,12.10) | 3.86 (0.79,19.01) | 3.26 (0.92,11.62) | 2.89 (1.24,6.72) | 1.72 (1.10,2.69) | TAU | | |
| 5.45 (2.13,13.93) | 4.24 (1.59,11.32) | 4.04 (0.89,18.45) | 3.41 (1.05,11.06) | 0.71 (0.20,2.52) | 1.80 (0.83,3.88) | 1.05 (0.43,2.55) | PLA | |

eTable 10C: Sensitive analyses: League Table for 9-month follow-up timepoint when limit to studies in which population was not the first episode of depression

| | | | | | | | |
|-------------------|------------------|-------------------|-------------------|------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | | |
| 1.15 (0.55,2.41) | MBCT | | | | | | |
| 1.16 (0.63,2.15) | 1.01 (0.38,2.63) | SUP+ADM | | | | | |
| 1.66 (0.47,5.85) | 1.44 (0.46,4.51) | 1.43 (0.35,5.82) | MBCT+ADM | | | | |
| 2.08 (0.76,5.66) | 1.80 (0.77,4.21) | 1.79 (0.55,5.81) | 1.25 (0.33,4.71) | CBT | | | |
| 2.08 (1.09,3.95) | 1.05 (0.33,3.32) | 2.19 (0.62,7.77) | 1.80 (1.26,2.58) | 1.00 (0.46,2.16) | ADM | | |
| 3.45 (1.17,10.18) | 2.99 (1.16,7.68) | 2.97 (0.85,10.34) | 2.07 (0.52,8.33) | 1.66 (1.10,2.51) | 2.19 (1.05,4.58) | TAU | |
| 4.55 (1.71,12.10) | 3.94 (1.73,8.96) | 3.92 (1.23,12.46) | 2.73 (0.74,10.14) | 2.19 (1.05,4.58) | 0.80 (0.27,2.36) | 1.32 (0.57,3.07) | PLA |

eTable 10D: Sensitive analyses: League Table for 12-month follow-up timepoint when limit to studies in which population was not the first episode of depression

| | | | | | | | |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | | |
| 1.15 (0.63,2.09) | SUP+ADM | | | | | | |
| 1.49 (0.58,3.82) | 1.30 (0.43,3.95) | CBT | | | | | |
| 1.52 (0.75,3.07) | 1.32 (0.53,3.33) | 1.02 (0.46,2.24) | MBCT | | | | |
| 1.76 (0.55,5.64) | 1.53 (0.41,5.67) | 1.18 (0.35,3.99) | 1.16 (0.41,3.30) | MBCT+ADM | | | |
| 2.34 (0.85,6.45) | 2.03 (0.62,6.60) | 1.56 (1.06,2.31) | 1.54 (0.64,3.70) | 1.33 (0.37,4.77) | TAU | | |
| 2.35 (1.27,4.33) | 1.29 (0.37,4.46) | 1.57 (0.77,3.19) | 0.88 (0.29,2.73) | 1.54 (1.09,2.18) | 0.77 (0.39,1.54) | ADM | |
| 3.03 (1.21,7.62) | 2.64 (0.88,7.91) | 2.03 (0.98,4.21) | 1.99 (0.92,4.30) | 1.72 (0.52,5.75) | 1.30 (0.57,2.97) | 0.75 (0.28,2.02) | PLA |

eTable 10E: Sensitive analyses: League Table for 15-month follow-up timepoint when limit to studies in which population was not the first episode of depression

| | | | | | | | |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|-----|
| CBT+ADM | | | | | | | |
| 1.14 (0.64,2.06) | SUP+ADM | | | | | | |
| 1.28 (0.65,2.54) | 1.12 (0.46,2.76) | MBCT | | | | | |
| 1.35 (0.55,3.30) | 1.18 (0.40,3.43) | 1.05 (0.49,2.23) | CBT | | | | |
| 1.65 (0.53,5.14) | 1.45 (0.40,5.19) | 1.29 (0.46,3.59) | 1.23 (0.38,3.98) | MBCT+ADM | | | |
| 1.91 (1.05,3.45) | 0.67 (0.19,2.35) | 0.92 (0.30,2.83) | 1.42 (0.72,2.77) | 1.49 (1.06,2.09) | ADM | | |
| 2.08 (0.78,5.50) | 1.81 (0.58,5.66) | 1.62 (0.70,3.76) | 1.54 (1.05,2.26) | 1.26 (0.36,4.33) | 1.17 (0.59,2.28) | TAU | |
| 2.22 (0.91,5.45) | 1.94 (0.67,5.68) | 1.73 (0.81,3.68) | 1.65 (0.82,3.32) | 1.34 (0.41,4.37) | 0.87 (0.33,2.28) | 1.07 (0.48,2.37) | PLA |

eTable 10F: Sensitive analyses: League Table for 18-month follow-up timepoint when limit to studies in which population was not the first episode of depression

| | | | | | | | |
|------------------|------------------|------------------|------------------|------------------|------------------|-----|--|
| CBT+ADM | | | | | | | |
| 1.09 (0.61,1.96) | SUP+ADM | | | | | | |
| 1.32 (0.66,2.67) | 1.21 (0.49,3.01) | MBCT | | | | | |
| 1.50 (0.63,3.57) | 1.37 (0.48,3.91) | 1.13 (0.54,2.39) | CBT | | | | |
| 1.85 (0.76,4.49) | 1.69 (0.58,4.89) | 1.39 (0.65,3.01) | 1.23 (0.63,2.42) | PLA | | | |
| 1.76 (0.98,3.16) | 0.52 (0.15,1.84) | 1.03 (0.33,3.21) | 1.17 (0.62,2.23) | 1.33 (0.91,1.95) | ADM | | |
| 2.18 (0.84,5.62) | 1.99 (0.65,6.07) | 1.65 (0.71,3.80) | 1.45 (0.99,2.12) | 1.18 (0.54,2.56) | 1.05 (0.54,2.04) | TAU | |

eTable 11A: Sensitive analyses: League Table for 3-month follow-up timepoint when exclude arms that included placebo

| | | | | | | | | | | |
|----------------------|---------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|-------------------|-----|--|
| SUP+ADM | | | | | | | | | | |
| 2.86 (0.07,119.46) | MBCT+ADM | | | | | | | | | |
| 9.47 (0.45,199.96) | 3.31 (0.35,31.61) | MBCT | | | | | | | | |
| 12.72 (0.46,353.35) | 4.44 (0.32,60.79) | 1.34 (0.30,5.96) | CBT+ADM | | | | | | | |
| 13.93 (0.54,356.71) | 4.87 (0.40,59.98) | 1.47 (0.40,5.38) | 1.10 (0.17,6.99) | CBT | | | | | | |
| 14.21 (0.46,438.78) | 4.97 (0.32,77.58) | 1.50 (0.27,8.31) | 1.12 (0.13,9.73) | 1.02 (0.13,7.81) | IPT | | | | | |
| 16.02 (0.62,411.82) | 5.60 (0.45,69.32) | 1.69 (0.46,6.25) | 1.26 (0.20,8.09) | 1.15 (0.34,3.84) | 1.13 (0.15,8.69) | BA | | | | |
| 1.07 (0.21,5.55) | 1.51 (0.34,6.78) | 1.10 (0.33,3.65) | 4.66 (0.54,39.93) | 0.83 (0.19,3.69) | 2.94 (0.22,39.20) | 0.95 (0.28,3.21) | ADM | | | |
| 31.55 (1.18,845.08) | 11.02 (0.84,143.94) | 3.33 (0.82,13.59) | 2.48 (0.36,17.10) | 2.26 (1.31,3.90) | 2.22 (0.27,18.27) | 1.97 (0.52,7.40) | 0.62 (0.38,1.01) | TAU | | |
| 75.99 (2.04,2825.71) | 26.56 (1.35,521.50) | 8.02 (1.02,62.91) | 5.98 (0.52,69.09) | 5.45 (1.10,27.01) | 5.35 (0.40,71.25) | 4.74 (0.64,35.19) | 0.83 (0.20,3.41) | 2.41 (0.44,13.05) | SUP | |

eTable 11B: Sensitive analyses: League Table for 6-month follow-up timepoint when exclude arms that included placebo

| | | | | | | | | | | |
|-----------------------|---------------------|---------------------|---------------------|-------------------|-------------------|-------------------|------------------|-------------------|-----|--|
| SUP+ADM | | | | | | | | | | |
| 8.87 (0.85,92.87) | MBCT | | | | | | | | | |
| 10.13 (0.67,153.34) | 1.14 (0.25,5.31) | CBT+ADM | | | | | | | | |
| 11.25 (0.79,159.79) | 1.27 (0.31,5.25) | 1.11 (0.15,7.99) | MBCT+ADM | | | | | | | |
| 11.94 (0.89,159.76) | 1.35 (0.36,4.97) | 1.18 (0.18,7.82) | 1.06 (0.18,6.41) | BA | | | | | | |
| 14.17 (1.08,185.85) | 1.60 (0.45,5.67) | 1.40 (0.22,9.03) | 1.26 (0.21,7.39) | 1.19 (0.36,3.94) | CBT | | | | | |
| 14.58 (1.10,193.90) | 1.64 (0.45,6.00) | 1.44 (0.22,9.47) | 1.30 (0.22,7.76) | 1.22 (0.22,6.69) | 1.03 (0.19,5.46) | IPT | | | | |
| 1.08 (0.33,3.57) | 1.11 (0.35,3.56) | 2.62 (0.38,18.11) | 1.24 (0.27,5.76) | 1.32 (0.39,4.42) | 0.94 (0.24,3.73) | 1.36 (0.24,7.70) | ADM | | | |
| 24.36 (1.76,337.94) | 2.75 (0.69,10.88) | 2.41 (0.35,16.76) | 2.17 (0.34,13.78) | 2.04 (0.55,7.62) | 1.72 (1.00,2.95) | 1.67 (0.29,9.66) | 0.56 (0.34,0.93) | TAU | | |
| 113.38 (5.40,2381.50) | 12.78 (1.63,100.42) | 11.20 (0.94,132.96) | 10.08 (0.91,111.51) | 9.50 (1.26,71.75) | 8.00 (1.57,40.71) | 7.77 (0.76,79.96) | 0.64 (0.15,2.76) | 4.65 (0.84,25.86) | SUP | |

eTable 11C: Sensitive analyses: League Table for 9-month follow-up timepoint when exclude arms that included placebo

| | | | | | | | | | | |
|---------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-----|--|
| SUP+ADM | | | | | | | | | | |
| 8.70 (0.89,85.12) | MBCT | | | | | | | | | |
| 7.80 (0.56,108.99) | 0.90 (0.22,3.67) | CBT+ADM | | | | | | | | |
| 10.22 (0.88,118.16) | 1.17 (0.43,3.23) | 1.31 (0.25,6.95) | IPT | | | | | | | |
| 12.17 (1.00,147.81) | 1.40 (0.45,4.31) | 1.56 (0.27,8.89) | 1.19 (0.28,5.00) | CBT | | | | | | |
| 12.60 (1.03,153.67) | 1.45 (0.47,4.51) | 1.62 (0.28,9.25) | 1.23 (0.29,5.21) | 1.04 (0.23,4.75) | MBCT+ADM | | | | | |
| 14.32 (1.17,175.09) | 1.65 (0.53,5.15) | 1.84 (0.32,10.56) | 1.40 (0.33,5.95) | 1.18 (0.40,3.50) | 1.14 (0.24,5.28) | BA | | | | |
| 0.36 (0.06,2.24) | 1.29 (0.44,3.78) | 3.73 (0.60,23.19) | 1.82 (0.40,8.21) | 0.63 (0.19,2.14) | 1.10 (0.26,4.61) | 1.10 (0.37,3.27) | ADM | | | |
| 20.20 (1.61,253.75) | 2.32 (0.70,7.70) | 2.59 (0.43,15.48) | 1.98 (0.44,8.79) | 1.66 (1.10,2.51) | 1.60 (0.33,7.77) | 1.41 (0.44,4.52) | 0.65 (0.25,1.68) | TAU | | |
| 66.90 (4.71,950.43) | 7.69 (1.82,32.47) | 8.58 (1.21,60.77) | 6.54 (1.20,35.56) | 5.50 (2.24,13.50) | 5.31 (0.91,31.15) | 4.67 (1.14,19.18) | 0.49 (0.13,1.95) | 3.31 (1.23,8.90) | SUP | |

eTable 11D: Sensitive analyses: League Table for 12-month follow-up timepoint when exclude arms that included placebo

| | | | | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-----|--|
| CBT+ADM | | | | | | | | | | |
| 1.15 (0.63,2.09) | SUP+ADM | | | | | | | | | |
| 1.59 (0.27,9.25) | 1.38 (0.21,8.88) | CBT | | | | | | | | |
| 1.80 (0.42,7.65) | 1.57 (0.33,7.49) | 1.14 (0.37,3.45) | MBCT | | | | | | | |
| 2.06 (0.37,11.53) | 1.79 (0.29,11.09) | 1.30 (0.30,5.55) | 1.14 (0.40,3.25) | MBCT+ADM | | | | | | |
| 2.11 (0.42,10.72) | 1.83 (0.32,10.37) | 1.33 (0.35,5.07) | 1.17 (0.49,2.81) | 1.02 (0.28,3.69) | IPT | | | | | |
| 2.54 (0.44,14.80) | 2.21 (0.34,14.21) | 1.60 (0.55,4.68) | 1.41 (0.46,4.28) | 1.23 (0.29,5.26) | 1.20 (0.32,4.58) | BA | | | | |
| 2.48 (0.41,15.10) | 2.16 (0.32,14.46) | 1.56 (1.06,2.31) | 1.38 (0.42,4.47) | 1.20 (0.27,5.41) | 1.18 (0.29,4.74) | 0.98 (0.31,3.06) | TAU | | | |
| 4.76 (0.74,30.59) | 0.57 (0.12,2.74) | 0.63 (0.19,2.07) | 1.73 (0.60,5.01) | 0.78 (0.18,3.34) | 1.82 (0.43,7.68) | 1.08 (0.37,3.13) | 1.30 (0.58,2.94) | ADM | | |
| 7.14 (1.03,49.48) | 6.21 (0.82,47.10) | 4.50 (2.03,10.00) | 3.96 (1.01,15.56) | 3.46 (0.66,18.16) | 3.39 (0.71,16.07) | 2.81 (0.74,10.72) | 2.88 (1.18,7.00) | 0.36 (0.09,1.49) | SUP | |

eTable 11E: Sensitive analyses: League Table for 15-month follow-up timepoint when exclude arms that included placebo

| | | | | | | | | | |
|-------------------|-------------------|------------------|------------------|------------------|------------------|-------------------|------------------|------------------|-----|
| CBT | | | | | | | | | |
| 1.20 (0.42,3.44) | BA | | | | | | | | |
| 1.54 (1.05,2.26) | 1.28 (0.42,3.94) | TAU | | | | | | | |
| 1.99 (0.63,6.35) | 1.66 (0.51,5.39) | 1.29 (0.38,4.38) | CBT+ADM | | | | | | |
| 2.28 (0.62,8.37) | 1.90 (0.51,7.09) | 1.48 (0.38,5.74) | 1.14 (0.64,2.06) | SUP+ADM | | | | | |
| 2.54 (0.81,7.99) | 2.12 (0.66,6.78) | 1.65 (0.49,5.52) | 1.27 (0.78,2.09) | 1.11 (0.52,2.40) | MBCT | | | | |
| 2.90 (0.75,11.17) | 2.41 (0.62,9.46) | 1.88 (0.46,7.64) | 1.45 (0.61,3.46) | 1.27 (0.44,3.62) | 1.14 (0.49,2.66) | IPT | | | |
| 3.25 (0.75,14.04) | 2.71 (0.62,11.87) | 2.11 (0.46,9.57) | 1.63 (0.58,4.59) | 1.42 (0.43,4.68) | 1.28 (0.46,3.54) | 1.12 (0.32,3.90) | MBCT+ADM | | |
| 3.81 (1.86,7.80) | 3.18 (0.89,11.36) | 2.47 (1.10,5.57) | 1.91 (0.49,7.47) | 1.67 (0.38,7.37) | 1.50 (0.39,5.79) | 1.32 (0.29,6.07) | 1.17 (0.23,5.99) | SUP | |
| 0.29 (0.08,1.02) | 3.12 (1.02,9.55) | 1.15 (0.44,3.04) | 0.58 (0.14,2.34) | 1.47 (1.07,2.04) | 1.88 (1.30,2.72) | 3.75 (1.25,11.24) | 1.41 (0.29,6.75) | 1.29 (0.59,2.84) | ADM |

eTable 11F: Sensitive analyses: League Table for 18-month follow-up timepoint when exclude arms that included placebo

| | | | | | | | | | |
|-------------------|-------------------|------------------|------------------|------------------|-------------------|------------------|------------------|-----|--|
| CBT | | | | | | | | | |
| 1.21 (0.43,3.45) | BA | | | | | | | | |
| 1.45 (0.99,2.12) | 1.20 (0.39,3.64) | TAU | | | | | | | |
| 2.22 (0.69,7.18) | 1.83 (0.55,6.04) | 1.53 (0.45,5.25) | CBT+ADM | | | | | | |
| 2.43 (0.65,9.01) | 2.00 (0.53,7.56) | 1.67 (0.43,6.54) | 1.09 (0.61,1.96) | SUP+ADM | | | | | |
| 2.63 (0.68,10.12) | 2.17 (0.55,8.48) | 1.81 (0.45,7.34) | 1.18 (0.52,2.71) | 1.08 (0.39,2.99) | IPT | | | | |
| 2.94 (0.91,9.53) | 2.42 (0.73,8.01) | 2.02 (0.59,6.96) | 1.32 (0.80,2.20) | 1.21 (0.56,2.62) | 1.12 (0.49,2.57) | MBCT | | | |
| 3.59 (1.78,7.27) | 2.96 (0.84,10.43) | 2.47 (1.11,5.50) | 1.62 (0.41,6.36) | 1.48 (0.33,6.56) | 1.37 (0.30,6.25) | 1.22 (0.31,4.81) | SUP | | |
| 0.25 (0.07,0.88) | 3.23 (1.03,10.11) | 1.33 (0.93,1.91) | 0.34 (0.09,1.29) | 1.49 (0.70,3.16) | 3.92 (1.28,12.01) | 1.77 (1.24,2.52) | 1.43 (0.30,6.74) | ADM | |

eTable 11G: Sensitive analyses: League Table for 21-month follow-up timepoint when exclude arms that included placebo

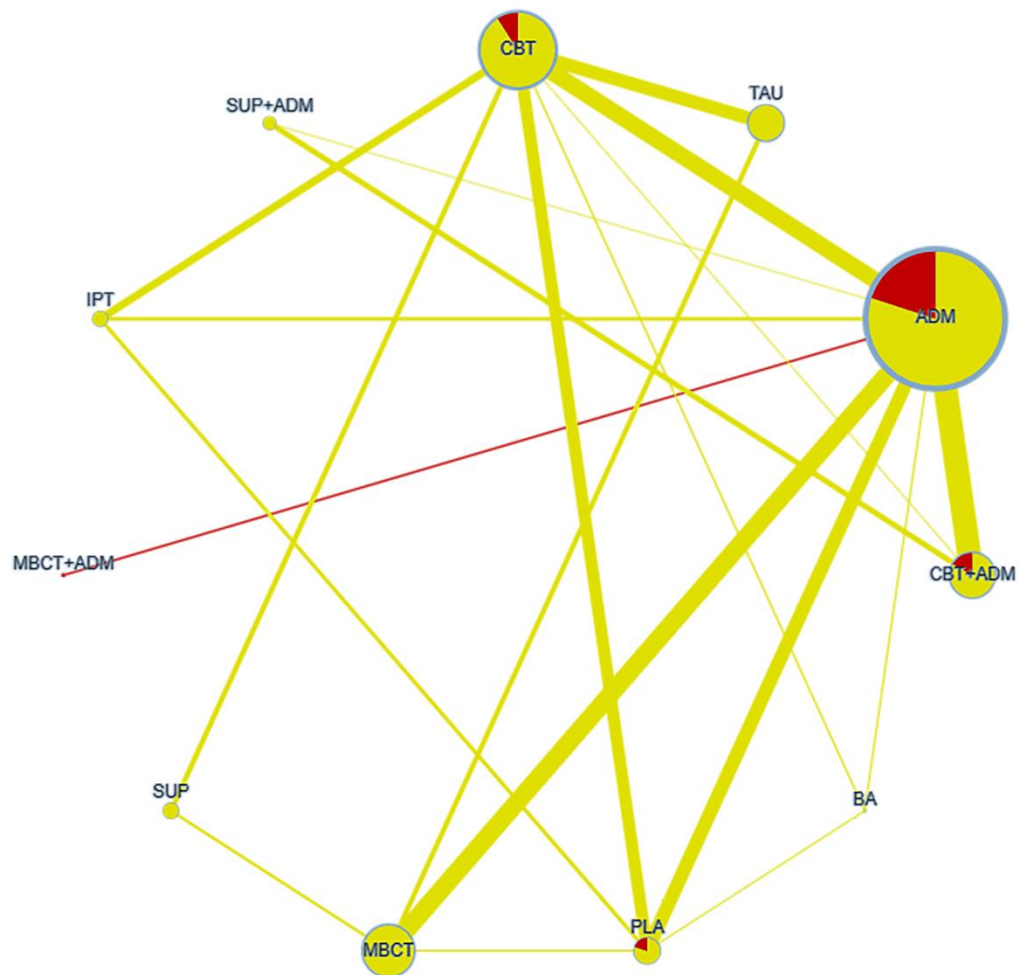
| | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|------------------|-------------------|-------------------|-----|
| CBT | | | | | | | |
| 1.43 (0.98,2.08) | TAU | | | | | | |
| 1.55 (0.74,3.25) | 1.09 (0.47,2.50) | IPT | | | | | |
| 1.63 (0.57,4.66) | 1.15 (0.38,3.49) | 1.05 (0.29,3.80) | BA | | | | |
| 3.07 (1.53,6.14) | 2.15 (0.98,4.74) | 1.98 (0.72,5.45) | 1.88 (0.53,6.60) | SUP | | | |
| 4.70 (1.25,17.72) | 3.29 (0.83,13.09) | 3.03 (0.66,13.84) | 2.87 (0.75,11.07) | 1.53 (0.34,6.85) | CBT+ADM | | |
| 6.01 (1.58,22.90) | 4.22 (1.05,16.92) | 3.88 (0.84,17.86) | 3.68 (0.95,14.30) | 1.96 (0.43,8.84) | 1.28 (0.76,2.15) | MBCT | |
| 0.10 (0.02,0.39) | 0.38 (0.07,2.16) | 1.67 (1.18,2.36) | 4.80 (1.30,17.64) | 1.30 (0.89,1.91) | 7.84 (2.18,28.22) | 5.05 (1.15,22.18) | ADM |

eTable 11H: Sensitive analyses: League Table for 24-month follow-up timepoint when exclude arms that included placebo

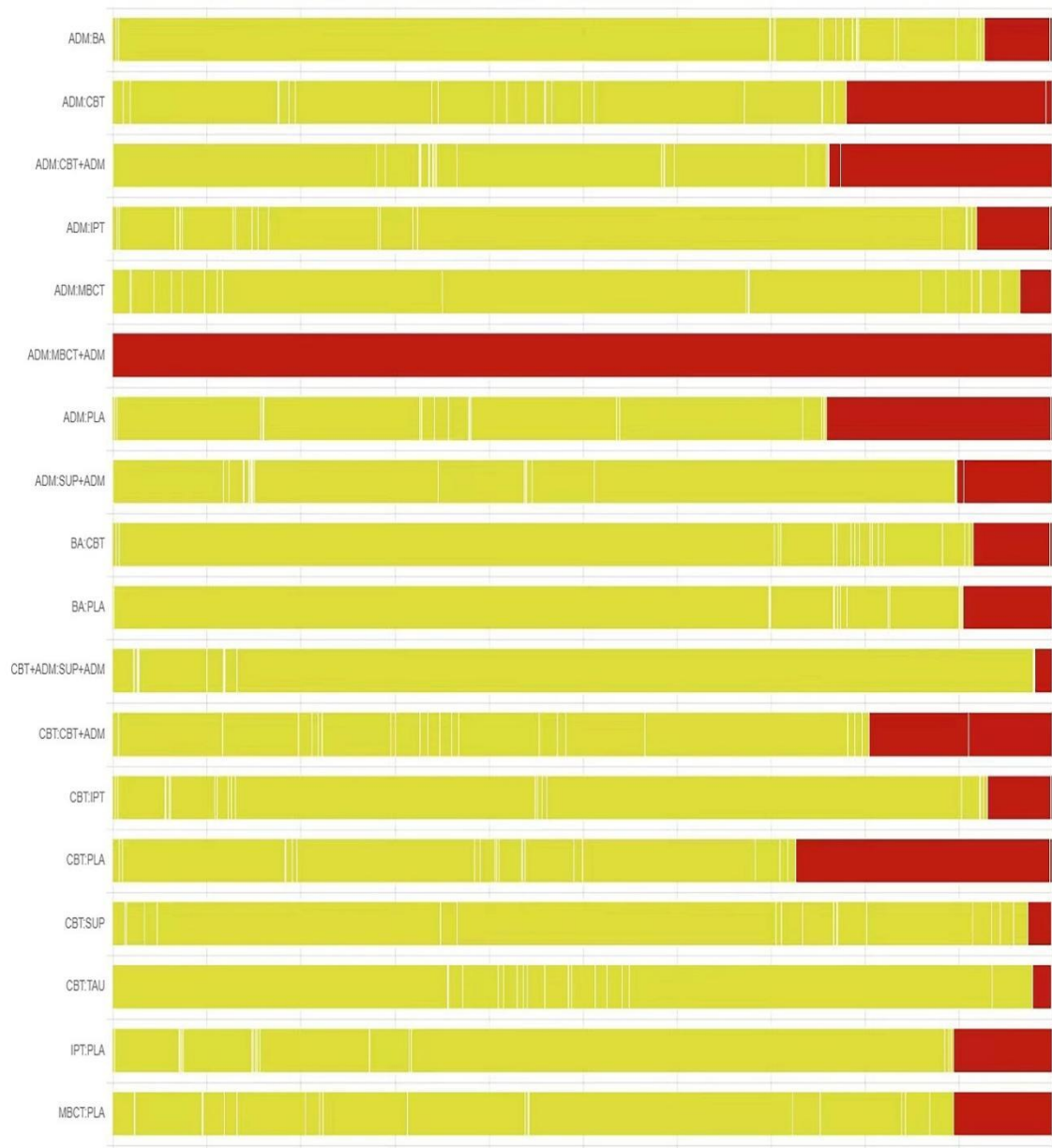
| | | | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|-------------------|-----|
| CBT | | | | | | | |
| 1.34 (0.82,2.19) | TAU | | | | | | |
| 1.43 (0.46,4.42) | 1.06 (0.31,3.65) | BA | | | | | |
| 1.43 (0.62,3.33) | 1.07 (0.40,2.84) | 1.00 (0.25,4.11) | IPT | | | | |
| 3.71 (0.90,15.25) | 2.77 (0.62,12.37) | 2.60 (0.62,10.91) | 2.59 (0.50,13.41) | CBT+ADM | | | |
| 3.09 (1.35,7.08) | 2.30 (0.89,5.97) | 2.16 (0.53,8.79) | 2.16 (0.66,7.03) | 0.83 (0.16,4.32) | SUP | | |
| 5.57 (1.28,24.13) | 4.15 (0.88,19.49) | 3.90 (0.88,17.25) | 3.88 (0.71,21.06) | 1.50 (0.74,3.05) | 1.80 (0.33,9.71) | MBCT | |
| 0.13 (0.03,0.62) | 0.41 (0.06,2.88) | 4.80 (1.22,18.91) | 1.84 (1.21,2.80) | 6.85 (1.78,26.40) | 1.23 (0.69,2.19) | 4.78 (0.97,23.44) | ADM |

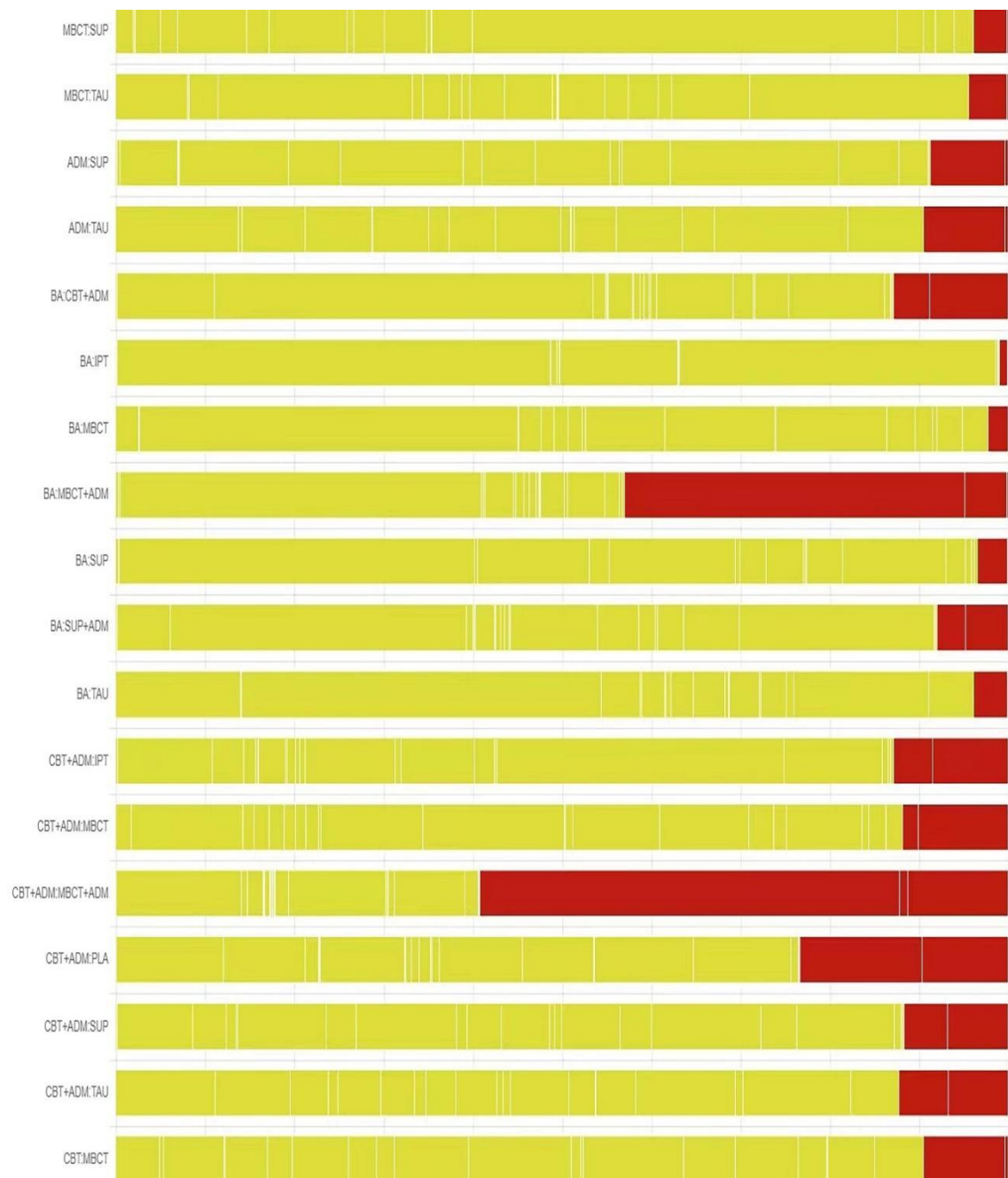
eCINeMA

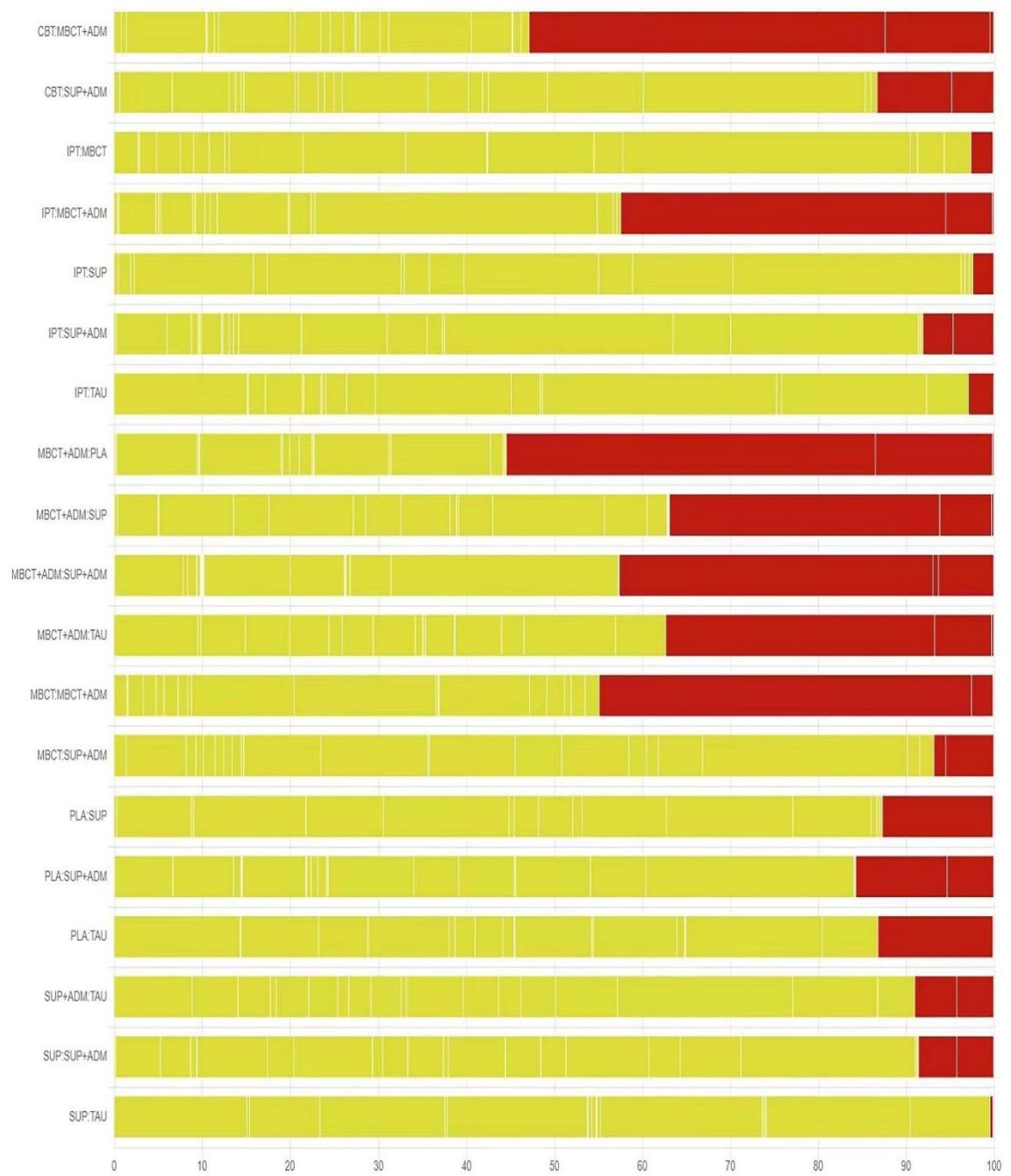
A Summary of within-study bias of the included studies



B Contribution of comparisons to each network estimate by Overall RoB







C Confidence in evidence

| Comparison | Number of studies | Within-study bias | Reporting bias | Indirectness | Imprecision | Heterogeneity | Incoherence | Confidence rating |
|-----------------|-------------------|-------------------|----------------|--------------|----------------|----------------|----------------|-------------------|
| ADM:BA | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| ADM:CBT | 6 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| ADM:CBT+ADM | 5 | Some concerns | Low risk | No concerns | No concerns | Major concerns | No concerns | Low |
| ADM:IPT | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| ADM:MBCT | 3 | Some concerns | Low risk | No concerns | No concerns | Major concerns | No concerns | Low |
| ADM:MBCT+ADM | 1 | Major concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| ADM:PLA | 5 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| ADM:SUP+ADM | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| BA:CBT | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| BA:PLA | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| CBT:CBT+ADM | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| CBT:IPT | 2 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| CBT:PLA | 4 | Some concerns | Low risk | No concerns | No concerns | Major concerns | No concerns | Low |
| CBT:SUP | 2 | Some concerns | Low risk | No concerns | No concerns | Major concerns | Major concerns | Low |
| CBT:TAU | 2 | Some concerns | Low risk | No concerns | No concerns | Major concerns | Major concerns | Low |
| CBT+ADM:SUP+ADM | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| IPT:PLA | 1 | Some concerns | Low risk | No concerns | Major concerns | No concerns | No concerns | Low |
| MBCT:PLA | 1 | Some concerns | Low risk | No concerns | No concerns | Major concerns | No concerns | Low |
| MBCT:SUP | 1 | Some concerns | Low risk | No concerns | No concerns | Major concerns | Major concerns | Low |
| MBCT:TAU | 2 | Some concerns | Low risk | No concerns | No concerns | No concerns | Major concerns | Low |
| ADM:SUP | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| ADM:TAU | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |

| | | | | | | | | |
|------------------|---|----------------|----------|-------------|----------------|-------------|----------------|----------|
| BA:CBT+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| BA:IPT | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| BA:MBCT | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| BA:MBCT+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| BA:SUP | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| BA:SUP+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| BA:TAU | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| CBT:MBCT | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| CBT:MBCT+ADM | 0 | Major concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| CBT:SUP+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| CBT+ADM:IPT | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| CBT+ADM:MBCT | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| CBT+ADM:MBCT+ADM | 0 | Major concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| CBT+ADM:PLA | 0 | Some concerns | Low risk | No concerns | No concerns | No concerns | Major concerns | Low |
| CBT+ADM:SUP | 0 | Some concerns | Low risk | No concerns | No concerns | No concerns | Major concerns | Low |
| CBT+ADM:TAU | 0 | Some concerns | Low risk | No concerns | No concerns | No concerns | Major concerns | Low |
| IPT:MBCT | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| IPT:MBCT+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| IPT:SUP | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| IPT:SUP+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| IPT:TAU | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| MBCT:MBCT+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| MBCT:SUP+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| MBCT+ADM:PLA | 0 | Major concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |

| | | | | | | | | |
|------------------|---|---------------|----------|-------------|----------------|----------------|----------------|----------|
| MBCT+ADM:SUP | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| MBCT+ADM:SUP+ADM | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| MBCT+ADM:TAU | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| PLA:SUP | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| PLA:SUP+ADM | 0 | Some concerns | Low risk | No concerns | No concerns | Major concerns | Major concerns | Low |
| PLA:TAU | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| SUP:SUP+ADM | 0 | Some concerns | Low risk | No concerns | No concerns | Major concerns | Major concerns | Low |
| SUP:TAU | 0 | Some concerns | Low risk | No concerns | Major concerns | No concerns | Major concerns | Very low |
| SUP+ADM:TAU | 0 | Some concerns | Low risk | No concerns | No concerns | Major concerns | Major concerns | Low |

ADM=antidepressant. BA=behavioural active therapy. CBT=cognitive behavioral therapy. CBT+ADM= cognitive behavioral therapy combined with antidepressant. IPT=interpersonal therapy. MBCT=mindfulness-based cognitive therapy. MBCT+ADM= mindfulness-based cognitive therapy combined with antidepressant. PLA= placebo. SUP=supportive counselling. SUP+ADM= supportive counselling combined with antidepressant. TAU=treatment as usual.